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ABSTRACT

Lehigh County Community College (Pennsylvania) and the Lehigh County Senior Citizens' Center collaborated on a project to assess the learning needs of the senior center's 1,600 members. A needs assessment completed by 68 center members and interviews of an additional 38 center members established that senior citizens preferred short-term workshops targeting practical areas such as medical needs, finances, and housing. A curriculum integrating basic skills with the content areas identified in the needs assessment was then developed and field tested by using course outlines on the following topics: calculators and checking accounts, housing options, workings of the medical system, memory improvement, word processing and personal financial management software, medical vocabulary and drug safety, and the six basic food groups. More than 60 senior citizens participated in the various workshops, which contained between four and eight sessions each. The instructors were very positive about the program, and the workshop participants rated the classes highly. (Appended are the needs assessment questionnaire and findings, 11 suggested readings, sample senior center newsletters, a sample evaluation form, a course lesson plan form, and curriculum outlines.) (MN)

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TOPICS FOR LEHIGH COUNTY SENIORS

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Joan K. Lipiec
Project Coordinator

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Fiscal Year 1992-93
Contract #98-3033
Federal Project Cost $15,800

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ABSTRACT PAGE

Title: Topics for Lehigh County Seniors

Project No. 98-3033 **Funding:** $15,800

Project Director: Joan K. Lipiec **Phone No.:** (215) 776-1998

Agency Address: Lehigh County Community College
609 Hamilton Mall, Allentown, PA 18101

Description:

Lehigh County Community College and the Lehigh County Senior Citizens' Center collaborated on this project to assess the needs of the latter's 1600 membership. The College then developed a series of curricular units based upon needs and interests and field tested them through classes at the Senior Center.

Objectives

1.0 Conduct a needs assessment of target Senior Center population
2.0 Research existing materials and programs for seniors
3.0 Develop a curriculum integrating basic skills with content identified
4.0 Field test the curriculum
5.0 Evaluate and produce a finalized curriculum

Target Audience:

Adults over the age of 60 who are members of a county-wide Senior Center and who may have basic skills deficiencies.

Product(s)--if applicable:

A field-tested basic skills curriculum with seven course outlines; designed for the needs, abilities and interests of local senior citizens.

Method(s) of Evaluation:

-Participants evaluation of content/format of courses
-Instructor review and modification of course
-Coordinator review of curriculum against criteria established

Findings:

Senior citizens would prefer workshops targeting practical areas such as medical needs, finances and housing. They do not wish to make long term commitments to courses. They seek to improve basic skills only to meet present day demands. Few materials and curricul currently exist which target the needs of seniors.

Conclusions:

The needs assessment provided valuable information to develop curricula. The curricula (workshops) developed were successful in meeting participants interests. The curriculum outlines for these workshops should be further expanded so they might be available as complete packages for dissemination and adoption/adaptation elsewhere.

Descriptors: (To be completed only by AdvancE staff)

INTRODUCTION

The Topics for Lehigh County Seniors (TLC) Project emerged as two factors came together: 1) a growing awareness by Lehigh County Community College that older adults were not proportionally represented in adult literacy classes; and 2) the beginning of a dialogue with the Lehigh County Senior Citizens' Center. Both agencies recognized that opportunities for older adults could be expanded through a cooperative effort.

Through empirical and research evidence, there was clearly a need to improve basic skills. But the content, format, delivery and history of typical ABE programs did not appear to draw older adults. While the programming at the Senior Center did reach out to this population, courses were more frequently directed at social opportunities than the more cognitive or academic learning experiences. The benefit of combining the skills and experience of the two agencies was obvious.

The Senior Center reports 1600 members over the age of 60 throughout Lehigh County. Its membership presented an opportunity to obtain information from and design programming for a group similar in age, but diverse in educational background, socioeconomic status and mental and physical capabilities.

An assessment of needs served to provide the necessary direction. It consisted of a review of the literature through ERIC and AdvancE coupled with a survey sampling the Center's population. Although a random sampling was desirable, it was not feasible within the scope of this project. Instead, a questionnaire was administered to those present at congregate lunch periods. A more in-depth interview was conducted with persons already attending classes. The results, therefore, represent only individuals already attending

center activities.

Data collection was completed during the fall and winter of 1992-93. Results pointed to a series of workshops which could incorporate basic skills improvement into practical topics such as medical care, housing and finances. The Project Coordinator conducted all activities of the needs assessment, working closely with the Center's Assistant Director.

A set of ten workshops was identified, instructors selected and scheduling completed for the spring of 1993. Instructors then prepared course outlines, but expected to make modifications in these during the field testing phase. Seven instructors came to the project with varying backgrounds:

- -two had no previous teaching experience but had worked with seniors before and were "experts" in their subject matter
- -four had previous teaching background in basic skills or content but no experience with senior citizen programming
- -one had taught both basic skills and senior citizens, but in separate settings

The orientation given to instructors, then, varied with the background they brought to the project. All additionally received an overview of the project, its objectives and timelines. Each was asked to complete a daily lesson plan detailing what occurred for every classroom session. Lesson plans, in conjunction with course outlines, were used to prepare the curriculum outlines at the completion of all classes.

Courses were offered in two separate sessions: March/April and May/June. Courses were publicized to the Center's membership through a bimonthly comprehensive newsletter. Bulletin boards at the Center also described upcoming workshops. Unfortunately, it was not possible

to advertise courses though the College's regular publications, due to the extensive lead time needed. Also, no effort was made to apprise the larger community through newspapers, other media or agencies.

Sixty-seven participants (duplicated count) received eight to sixteen hours of instruction, depending upon the course selected. Many signed up for more than one. As courses were completed, the College solicited feedback using its standard evaluation questionnaire. Testing of learning gains had very early on been downplayed since it was expected to frighten and/or turn away participants.

The needs assessment and curriculum outlines developed are expected to be useful to ABE programs which might like to attract or serve the older adult population in a more viable manner and to any agency which currently offers senior citizens' programming. Complete or additional copies of the report may be obtained from:

AdvancE or
Division of Adult Basic/Literacy Education Programs
Commonwealth of Pennsylvania
Department of Education
333 Market Street
Harrisburg, Pennsylvania 17126-0333

STATEMENT OF THE PROBLEM

Lehigh County Community College has operated adult basic education and literacy programs for the past nine years. During 1990-91 a total of 394 adults lacking basic skills were served through various funding. Of this population, five students or 1% were age 60 or over. Yet according to an AARP September 1989 publication, *Literacy Training and Older Americans*, illiteracy is a serious problem for older Americans, particularly for older minorities. Of the 23 million adults in American today classified as functionally illiterate, 44% are over 50, and those 60 and over account for about a third of the totally illiterate population. These statistics are based years of education which may be found in census data.

The Lehigh County Senior Citizens' Center, with 1600 current members, is a private, non-profit corporation with a thirty year history of providing services and programs to the older residents of metropolitan Allentown and surrounding areas of Lehigh County. During a typical week, 125-150 individuals will participate in educational classes, with an additional 75 people attending informational programs, 65-100 participating in a congregate meal program, another 100 taking part in recreational activities and an additional 45 on a supervised field trip.

Prior to this project, neither agency offered a basic skills program designed specifically to meet the needs and interests of older adults. The experience of the Center and the literature on aging indicate that a traditional ABE/GED program is ill-suited to the needs of older adults in its approach, curricula, pace, materials and subject matter.

Traditional adult basic education programs have

emphasized, the younger adult papulation to improve its life and work skills preparedness. However, the older adult population has been dramatically increasing in numbers locally, statewide and nationally. In Lehigh County the numbers of adults over the age of 60 rose 24% from 1970 to 1980 (50,107 adults) and 19.4% from 1980 to 1990 (60,140 adults. In 1990, the adults over 60 represented nearly 21% of the total population of the county. These figures are mirrored statewide and nationally, and are not expected to peak until the year 2010 when the "baby-boomers" of the 40's and 50's become "golden-agers." A review of 168 Pennsylvania ABE demonstration projects for 1990 through 1992 reveals two programs directed towards seniors. Clearly, this is a significant population which is not being adequately served and for which little information an programming in basic skills exists.

The Topics for Lehigh County Seniors project sought to make inroads in this gap through a needs assessment, followed by curriculum development as already outlined.

FINDINGS

Objective 1.0

By September 30, 1992, the project will have conducted a needs assessment of the members of the Lehigh County Senior Center to determine:

--the levels and types of basic skills needs among its population

--the specific factors (e.g. hearing, memory and vision loss; transportation; chronic illness, etc.) which impinge upon learning and which must be considered in curriculum development

--the subject-matter interests of older adults through which basic skills might be taught

Procedures

Two instruments were developed for data collection from a sample population of the Senior Center: an in-depth interview and a more general questionnaire. Both instruments asked essentially the same questions. Samples of these, as well as the resulting data, may be found in Appendix A. Interviews were taken at random with consenting individuals attending on-going classes at the Center. Questionnaires were administered during congregate lunch periods. The Questionnaire was also sent out with the Center's fall newsletter to some 1600 members with the request that they call in their responses.

Results

The assessment was completed by January of 1993. A total of 68 responses were summarized and analyzed. Of the eighteen interviewees, most (13) were women and the average age was 75 years. These individuals were attending craft and other classes of their choice and consented to an interview.

The questionnaire, however, was distributed every day for a week during the congregate lunch period, which serves a substantially different audience. Besides those attending classes who have elected to stay for lunch, this group includes frail elderly, nursing home patients and others, many with diminished either mental or

physical capacities. Of the 119 gathering for lunch that week, 36 voluntarily responded. Many of those who did not were openly suspicious or hostile, despite an introduction and description to the questionnaire.

Results of the interview indicate:

-a fairly high level of reading activity (close to 60%) with newspapers, books and magazines at the top of the list

-reading difficulties occurring only in more technical areas, typically documents dealing with taxes, insurance, medical. wills, etc.

-mathematics proficiency generally adequate for the tasks needed and/or reliance on a spouse or relative

-writing skills more commonly used in form completion than in composition

-preferences for workshops in more technical areas, particularly documents, where vocabulary, comprehension and application skills are needed

Objective 2.0

By September 30, 1992, the project will have researched the literature to identify existing materials and programs which have been successfully used with older adults.

Procedures

Both an ERIC and AdvancE search were conducted to generate documents which might have information relative to curricula. Furthermore, publishers' catalogs were reviewed with an eye to materials appropriate to the senior population.

Results

Approximately twenty documents were acquired through ERIC and AdvancE. Of these, the nine listed in Appendix A yielded information relative to curriculum development. Only the Literacy Education for the Elderly Project (LEEP) of the National Council on Aging provided actual lesson plans. These were directed toward teaching low-level literacy skills. Unfortunately, these were not areas of high priority as revealed by our other data.

Educational Gerontology and *Abstracts in Social Gerontology* are both periodicals that review recent literature on aging and often provide leads to studies which may have bearing on curriculum development.

Approximately twenty publishers' materials were reviewed to determine 1) if any materials were designed specifically for senior citizens; and 2) which materials, designed for other audiences, could be adapted or used. Publishers of adult education, adult basic education and life skills materials seemed to offer the widest selection of possibilities. The publishers includes:

Cambridge, division of Prentice Hall
Contemporary Books
Curriculum Associates
DelMar Publishing
Educational Activities, Inc.
Glencoe-Macmillan-McGraw and Hill
J. Weston Walch
Lakeshore Lifeskills
National Textbook Company
New Readers Press
Scott Foresman

Simon & Schuster
Southwestern
Steck-Vaughn

The American Association of Retired Persons, state governments and departments on aging, as well as local area agencies on aging are unquestionably the sources with publications and printed information aimed at senior citizens.

Specific documents used in the program are listed under "Materials Used" in the curriculum outlines found in Appendix C.

Objective 3.0

By December 30, 1992, a basic skills curriculum will have been designed to meet the needs in 1.0 above, using existing and newly-developed materials as appropriate.

Procedures

The project Coordinator and the Assistant Director of the Senior Center met on a regular basis to review emerging data and materials as well as offerings available in the past or through other sources.. With the information obtained they were able to establish general curricular areas and then refine these into a list of classes.

Potential instructors were then sought - at the college, the Senior Center, and the community - for their expertise in the content areas and their interest or experience in working with older adults. An orientation was held with instructors to acquaint them with the results of research and to make preliminary course work plans.

The instructors themselves provided detailed course outlines and frequently supplied information and instructional materials from their own sources. In some cases it was necessary to enlarge materials on the copying machine.

As the course was taught, instructors completed a Course Lesson Plan Form (see Appendix C), making modifications to the original outline as needed.

Results

Ten courses were developed in five larger content areas:

Managing Your Life
1. Discovering Your Housing Options
2. Quicken
3. Calculators and Checking Accounts

Understanding Documents
4. Getting the Medical System to Work for You

Aging and Learning
5. More Mileage From Your Memory

Health and Nutrition

6. Taking the Mystery Out of Medicine
7. Todays Foods

Basic Skills Applications

8. Express Yourself
9. Professional Write
10. Books Are Us

Course descriptions may be found in Figure 3.1. Course objectives, materials, strategies may be found in Appendix C.

Figure 3.1

LEHIGH COUNTY COMMUNITY COLLEGE
TOPICS FOR LEHIGH COUNTY SENIORS

1993 Course Descriptions

Books Are Us: Using a book club format, an opportunity for participants to discuss books which they enjoy, learn how to analyze various aspects and broaden reading habits.

Calculators and Checking Accounts: An introduction to the use of the calculator and its applications in solving everyday mathematics problems as well as strategies and practice for maintaining and balancing checking accounts.

Express Yourself: A workshop focusing on creative writing whether it be poetry, essays, stories or memoirs. Participants learn processes such as brainstorming and daily journaling for becoming more comfortable with writing; elements of an essay; and receive practice in composition of each writing form.

Discovering Your Housing Options: A comprehensive look at housing for older adults. Topics include modifying homes to meet medical needs; choosing realtors and selling a home; phases of relocating; other housing options such as apartments, highrises, continuing care communities, nursing homes. Course includes a field trip to a continuing care community.

Getting the Medical System to Work for You: An overview of the medical support services available locally; discussion of strategies for making the patient a better self-advocate; and explanation and practice in interpreting and/or completing medical/insurance forms.

More Mileage From Your Memory: A workshop focusing on the memory and how it works, principles of memory improvement and use of mnemonic devices as aids to memory. Discussion and practice activities relate to everyday memory tasks like remembering names, shopping lists and important dates. Aging and its effect on memory are also considered.

Quicken: Participants are introduced to the basics of computer operation and electronic management of their finances through this inexpensive software. Topics include checking accounts, taxes, credit card and investment tracking, budgeting.

Professional Write: Introduction to a popular word-processing program through which participants learn or improve computer operation, keyboarding skills and software applications while composing original material.

Taking the Mystery Out of Medicine: An introduction to 1) medical terminology including knowledge of prefixes, suffixes and roots, basic anatomy, and body systems; 2) physiology of common geriatric concerns and medical disorders; and 3) basic pharmacological concepts such as abbreviations, interactions and compliance with prescriptions.

Todays Foods - How Do They Measure Up: Explanation of the new pyramid approach to food groups and nutrition, and recommended daily allowances. Participants also practice being more consumer savvy through label analysis, awareness of food marketing strategies and brand loyalties, and comparison shopping.

Objective 4.0

Between January 1 and March 31, 1993, the curriculum will be field-tested with a minimum population of 30 senior citizens who have expressed interest.

Procedures

Courses were offered in two separate sessions. Senior Center members (1600) were notified through their newsletter of the course offerings available and contacted the Center to register. A schedule of sessions may be found in Figure 4.1.

Participants completed the College's standard evaluation form (see Appendix B) with results presented in Figure 4.2. Responses were converted to a five point scale, with a rating for each area established.

Results

Because of the late notification of funding and the desire to offer courses during more clement weather, two six to eight week spring sessions were planned and conducted. Copies of the newsletters announcing courses may be found in Appendix B.

A total of 67 slots were filled involving 44 different individuals - an average of 1.5 courses per person. One course, *Books Are Us*, was cancelled due to lack of enrollment.

Participants completed the College's standard evaluation form with results presented in Figure 4.2. Responses were converted to a five point scale, with a rating for each area established. Consistently the 22 respondents rated the programs in the very good to excellent range.

Besides the satisfaction expressed in ratings, participants were generous in their praise of the instructors' patience and dedication as well as willingness to research matters or provide more in-depth information.

It is obvious that the computer classes, *Quicken* and *Professional Write* are well received. The enrollment for *More Mileage From Your Memory* was also high. Both of these courses represent sophisticated or technological information, indicating a lively interest in being current.

Enrollment for other courses was much smaller, even though courses represented areas of expressed interest. Administrators received some feedback that courses were not adequately publicized or that participants just didn't read the announcements or newsletters. In an effort to increase enrollment in future programs, the Center's administrator plans to publicize events in the local daily newspaper and to hold "preview" coffees.

Figure 4.1
Topics for Lehigh County Seniors
Course Schedule

Course Number	Title	Instructor	Number Enrolled	Meeting Dates 1993	Day/Time
3481-10	Taking the Mystery Out of Medicine	Lora Lesak	4	3/22 3/29 4/5 4/19 4/26 5/3	Monday 9-11 a.m.
3481-11	Express Yourself	Jean Dyer	7	3/22 3/29 4/5 4/12 4/19 4/26 5/3 5/10	Monday 1-3 p.m.
3481-12	Quicken	Jo Mountain	8	3/25 4/1 4/8 4/15 4/22 4/29 5/6 5/13	Thursday 10-11.30
3481-13	Professional Write	Jo Mountain	9	3/26 4/2 4/9 4/16 4/23 4/30 5/7 5/14	Friday 10-11:30
3481-14	Books Are Us	Jo Mountain	1	3/26 4/2 4/9 4/16 4/23 4/30	Friday 1-2:30
3481-80	More Mileage From Your Memory	Wayne Nelson	10	5/20 5/27 6/3 6/10	Thursday 9-11
3481-81	Today's Foods	Lora Lesak	3	5/14 5/21 5/28 6/4 6/11 6/18	Friday 9-11
3481-82	Getting the Medical System to Work For You	Cecilia Weida	4	5/17 5/24 6/21 6/28	Monday 1-3
3481-83	Discovering Your Housing Options	Eunice Nicusanti	3	5/21 6/4 6/11 6/18	Friday 1-3
3481-84	Calculators and Checking Accounts	Donna Astrauskas	2	5/17 5/24 6/7 6/21	Monday 9-11
3481-85	Quicken	Jo Mountain	8	5/20 5/27 6/3 6/10 6/17 6/24	Thursday 10-11:30
3481-86	Professional Write	Jo Mountain	8	5/21 5/28 6/4 6/11 6/18 6/25	Friday 1-2:30

Figure 4.2

TOPICS FOR LEHIGH COUNTY SENIORS Course Ratings* Spring 1993 N=22	
Item	Rating
Organization/Preparation	4.82
Classroom Atmosphere	4.82
Knowledge of Subject Matter	4.86
Effectiveness of Presentation Skills	4.77
Overall Effectiveness	4.82
Course Met Expectations	4.77
Content	4.82
Facilities	4.45
Total	4.82

******Key to Ratings*

5 = Excellent
4 = Very Good
3 = Average
2 = Below Average
1 = Poor

Objective 5.0

By June 30, 1992, the final curriculum will have been revised, finalized, produced and disseminated.

Procedures

Course lesson plans and outlines were combined to form the curriculum units.

Results

Nine units developed by the project are contained in Appendix C. Each unit contains sections which detain: Student Outcomes, Topics Covered, Materials Used, Strategies Used and Evaluation/Recommendations. These units should prove useful to other programs intending to provide programming for older adults.

The project intends, if funded, to conduct a second year of field testing and revision with these outlines to produce actual, self-contained curriculum packages which could be acquired or adopted by others.

CONCLUSIONS

The project originally envisioned that a single class for thirty individuals would be conducted over a period of twelve weeks for a total of seventy hours of instruction. The attendees would be constant throughout the course and would focus on improvement of basic skills in content areas appropriate to their interests. A single instructor and an aide would form the staffing pattern. The curriculum would improve reading, mathematics and writing skills by integrating them into areas of interest expressed through the needs assessment. Staff would be able to pre and post test as well as keep a running log of strategies and materials which were effective. The final curriculum would then be revised. Unfortunately, the needs assessment results did not support this scenario.

The needs assessment conducted during the fall of 1992 produced two types of information - information from research in the field and a sampling of opinions of the local population. Data collected from these sources reinforce original assumptions that senior citizen programming considerations must include:

- -a slower-paced curriculum with greater repetition to accommodate varying levels of memory impairment and physical constraints
- -alternatives to the lecture approach

-a focus on subject matter vital to this time of life such as wills, money management, special diets, insurance and medical problems, etc.

-facilities which are easily accessible during daytime hours

-the need for socialization for those who live alone, may have low self-esteem or feel estranged from the larger community

-better response to programs in outreach centers traditional school-based programs.

However, the needs assessment revealed further information not envisioned in the original design and which also must be considered:

-lack of large print and uncomplicated materials

-lack of materials in seniors areas of interest

-lack of materials with strategies suited to the current learning abilities of older adults (e.g. decline of sensory intake ability, failure to organize learning material, decline in coordination of visual and motor tasks)

-seniors unwillingness to make long term commitments to classes

-extreme variance in the population in attitude toward learning - from complete denial or recognition of need, to wistful desire for understanding of capabilities, to anxiousness to embark in new directions

-considerable variance in educational background and learning capabilities

Project administrators from the College and the Senior Center were careful to design ten courses which they believed would of interest to seniors and support project goals for improved basic skills. Expectations

were that most courses would be filled (8-10 indivisuals), although there were doubts about the courses which were more obviously related to basic skills improvement (*Books Are Us* and *Calculators and Checking Accounts*). The course focusing on memory and aging was, in a sense, a dark horse which eventually won the proverbial race.

While the project served more than double the specified thirty participants and exceeded the objective,, registration (see Figure 4.1) was both surprising and disappointing for many of the courses. Even participants in the classes commented that they could not understand why more individuals did not take advantage of the classes. Several center members suggested that their counterparts did not actually read the announcements or the newsletter. Other members displayed interest in social rather than learning opportunities. Still others just did not wish to involve themselves or make additional commitments. The Center's administration, being very concerned about registration, has initiated a pre-class coffee which is designed to stimulate interest in upcoming programming. Furthermore, future programming with the College will be advertised in the College's own publications as well as area newspapers.

Overall, the project appears to have been quite

successful. Not only did it exceed the requirements of each objective, but also it generated a curriculum framework which integrates basic skills with content areas designed specifically for older adults. Instructors were positive about their experience and participants rated the classes highly. Future directions should include expanding the curriculum to include several courses in each of the areas outlined, field testing with other senior populations, attempts to measure learning gains and investigation of methods to improve outreach and publicity.

APPENDIX A

Needs Assessment Questionnaire and Summary of Responses

Literature Search

LEHIGH COUNTY COMMUNITY COLLEGE
Topics for Lehigh County Seniors
NEEDS ASSESSMENT QUESTIONNAIRE

Name_____ Date_____

1. What do you enjoy reading?

_____ _____
_____ _____

2. What are the hardest things you must read?

_____ _____
_____ _____

3. What kinds of writing do you do?
_____filling out forms _____personal letters _____directions/recipes
_____business-type letters _____creative writing (poetry, memoirs)
_____other (describe_____)

4. Do you sometimes find it difficult to express your thoughts in writing? What kinds of situations are these?

_____
_____

5. Which kinds of arithmetic do you use?
_____addition _____subtraction _____multiplication _____division
_____fractions _____decimals _____percents _____algebra

6. Do you find some arithmetic hard to do? What kinds and in what situations?

_____
_____
_____

7. How many years were you in school?_____

8. When we offer workshops, which ones would you come to?
_____checking accounts
_____reading/understanding medication directions and labels
_____filling out forms like PACE or catalog orders
_____using directories to find services
_____taking a written drivers' test
_____understanding documents like wills, insurance policies
_____reading charts and tables such as bus schedules
_____writing letters to get results
_____using a computer for writing
_____other (please list)_____
_____(please list)_____

TOPICS FOR LEHIGH COUNTY SENIORS
NEEDS ASSESSMENT SURVEY RESULTS
January 1993

Population Characteristics

N = 52
- 16 anonymous
- 24 female
- 12 male

Years in School
- 10 less than 8 years
- 7 9-11 years
- 7 12 years
- 7 13-15 years
- 5 more than 16 years
- 7 no answer

Age Range (for 15 interviewees)
- 2 65-69 years
- 3 70-74 years
- 7 75-79 years
- 3 more than 80 years

Segments sampled

- 36 congregate lunch (self-completion of short form)
- 18 from various classes (individually interviewed)
  - 4 ceramics
  - 7 crafts
  - 2 quilting
  - 2 TOPS
  - 3 pool

Reading Activities

38	books
27	newspapers
25	magazines
8	Bible or religious articles
8	instructions
4	schedules
4	little or no reading activities
3	documents
3	"yes" (failed to understand question)
2	everything
2	no answer
1	bills

Areas of Reading Difficulty

19	no answer
8	tax forms
7	medical forms
7	insurance
4	legal papers/wills
3	depend upon another person
3	technical materials
2	financial material
2	obituaries
2	religious passages
2	schedules
2	nothing
1	various (politics, health, nutrition, utility bills, fine print, instructions, newspaper)

Mathematics Usage

52	addition
50	subtraction
42	multiplication
33	division
28	decimals
28	percents
24	fractions
9	algebra

Areas of Math Difficulty

21	no problems
11	no answer
6	have difficulty but did not clarify
5	fractions
4	algebra
3	decimals
3	depend upon another person
2	addition/subtraction
1	multiplication
1	division

Writing Activities

33	filling out forms
30	personal letters
16	business-type letters
11	directions/recipes
7	occasional or no writing
4	creative writing
3	no answer
2	magazine/newsletter articles
2	depend upon another person
1	unable to write

Areas of Writing Difficulty

25 none
13 no answer
18 yes but varied answers
(consumer complaints, business and professional usage, speaking, thinking too fast, conciseness, vocabulary, getting started, memoirs, organization, directions, spelling, all areas)

Workshop Preferences

26 understanding documents like wills, insurance policies
14 using a computer for writing
13 none
12 reading/understanding medication directions and labels
9 filling out forms like PACE or catalog orders
8 checking accounts
7 writing letters to get results
5 using directories to find services
4 taking a written drivers test
4 nutrition/special diets
3 understanding how to use appliances (microwave, VCR)
2 reading charts and tables such as bus schedules
2 improving memory skills
2 psychology of aging
2 calligraphy
2 investments, finance
2 creative writing
2 using computers for other applications
2 book discussion club
1 general reading improvement
1 maps
1 basic signing
1 song writing
1 French or English literature

Suggestions for Instructional Delivery

4 slower pace
4 practice
4 specific and clear
3 repetition
2 demonstration
1 ea. various (confidence building, video/multi-media, large print, memory strategies, blackboard use, question/answer format, lecture & discussion, patience, small classes, humor, speaking loudly, individual attention)

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3. Kason, Carol. The Illiterate Elderly. White House Conference on Aging. Dept of Health and Human Services, Washington, D.C. (1981)

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7. Resourceful Aging: Today and Tomorrow. Conference Proceedings (Arlington, Virginia, 1990) Volume V Lifelong Education. American Association of Retired Persons, Washington, D.C., Cornell University, Ithaca, New York Dept of Rural Sociology (1990).

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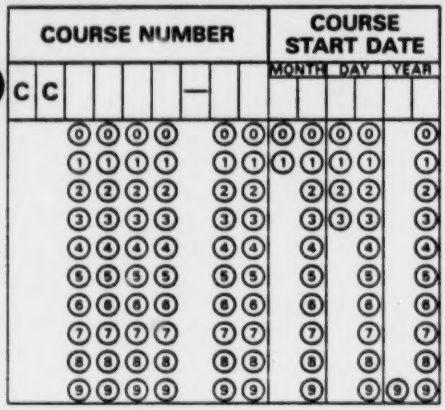
   Freer, K.J. The Value of Literacy for the Rural Elderly: A Naturalistic Study.

9. Green, Rosalie. A Compilation of State Statutes that Include Education/Training Benefits for Senior Citizens. Legal/legislature regulatory materials. Manassas Park, Virginia (1983).

APPENDIX B

Senior Center Newsletters

Sample Evaluation Form



Lehigh County Community College
Course Evaluation - Community Services

Thank you for completing this evaluation. We value your continuous input about the quality of our programs and your suggestions for improving them.

Course Title: _____

Please fill in circle completely using either a pen or pencil.

Please respond to each item by filling in the letter which best describes your reaction to the community service course you have completed.

	Yes	No
1. Was this course a quality learning experience?	A	B
2. Did the information you received prior to the course accurately describe the contents?	A	B

	Excellent	Very Good	Average	Below Average	Poor
RATE THE INSTRUCTOR IN TERMS OF THE FOLLOWING:					
3. Organization/preparation	A	B	C	D	E
4. Classroom atmosphere	A	B	C	D	E
5. Knowledge of subject matter	A	B	C	D	E
6. Effectiveness of presentation skills	A	B	C	D	E
7. Overall effectiveness	A	B	C	D	E
RATE THE COURSE IN TERMS OF THE FOLLOWING:					
8. Met your expectations	A	B	C	D	E
9. Content	A	B	C	D	E
10. Facilities	A	B	C	D	E

11. Your instructor would like to know if there is something you believe he/she has done especially well in the teaching of this course.

_____

_____

_____

12. Your instructor would also like to know what specific things you believe might be done to improve the teaching of this course.

_____

_____

_____

13. Additional Comments: (Please feel free to make any additional comments including additional courses you would like offered.)

_____

_____

_____

Mark Reflex by NCS EP-42153 654 A2101 Printed in U.S.A.

THANK YOU

THE SENIOR CENTER NEWS

March/April 1993

Lehigh County
Senior Citizens' Center
1633 Elm Street, Allentown, PA 18102
Phone: 437-3700 • TDD No. 437-3788

A United Way
Member Agency

Lehigh County Senior Citizens' Center is a private, non-profit, charitable organization. It is a member agency of the United Way of the Greater Lehigh Valley. The Center is funded, in part, through a contract with the County of Lehigh Department of Human Services Area Agency on Aging with funds received from the Pennsylvania Department of Aging. Center programs are also funded by the County of Lehigh, the City of Allentown, Center Members, the Township of Hanover (Lehigh County), Lower Macungie, Salisbury, South Whitehall and Upper Milford and the Boroughs of Catasauqua and Slatington.

Watch Channel 39's Managers' Chat
April 13th at 3:00 p.m. and 7:30 p.m.
Our Senior Center's brand new Computer Learning Lab is the featured story with interviews of Jake Flyzik, Computer Learning Lab Coordinator, and our Assistant Center Director, Carol Wallace.

Special Project Development:

Fridays Noon until 1 p.m.
By appointment only!
If you want to reserve time on a p.c. to develop a special independent project with the benefit of Jake's guidance, talk to him about your interest.

Practice Times:

Fridays Noon until 1 p.m.
By appointment only!
If you have taken a prior class here at the Center and would like to brush up on your skills with the help of Jake's expertise, talk to him about scheduling time so that he can reserve a p.c. for you.

Come Cut the Ribbon

on April 16th at 10:00 a.m. in the Community Room
Meet Senator Roy Afflerbach

Join us as we officially dedicate our fully operational Computer Learning Lab to all those senior citizens in Lehigh County who will take part in this new adventure in learning; how to use a wonderful tool, the personal computer.

We will be privileged to have State Senator Roy C. Afflerbach with us. He was responsible for obtaining the $25,000 grant from the Department of Public Welfare that funded the outfitting of our Lab.

Also with us will be some familiar faces from the group of people who were the driving force that took an assortment of donated, sometimes out-dated, P.C.'s, printers, and software, metal folding chairs and 8 foot long lunch tables and created an exciting environment that allowed senior citizens to begin to take part in the information age.

After a brief program and refreshments, you can visit the Lab and try your hand at making a greeting card or using a word processing program. You can talk to Jake Flyzik, our Computer Learning Lab Coordinator, who will invite you to join a class and catch some of the contagious enthusiasm shared by folks already in workshops and classes. **There will be special drawings for door prizes as part of our festivities.**

UNSUPERVISED USE OF THE COMPUTER LEARNING LAB

If you are already comfortable using p.c.'s and software, stop in to see Jake on Fridays noon until 1 p.m. and take a short check list test - You will then be on our "Computer All Pro List " and can use a p.c. when it is available, whether or not the Lab Coordinator or an instructor is present.

From the Director

Dear Member:

As a non-profit organization our Senior Center does what other similar organizations do - we mail letters to our friends and members asking them to make donations. Our last such letter went out in November 1992. I am pleased to report that, to date, $5,530 has been donated to help cover the costs of services and programs offered at the Center.

While the largest single contribution received as a result of the mailing was $2,000, there were numerous $5 and $10 contributions and many in between. All gifts, large or small, are important. In the last newsletter I wrote that participation in our social, recreational and educational programs increased by 20% in 1992. That's a great deal of growth for one year and it is only because of your generosity and the support of our community that we have been able to expand in difficult economic times.

It would be safe to say that the Center directly touched the lives of between 5,000 and 6,000 seniors last year; but, there are now almost 60,000 seniors in Lehigh County. The lives of our neighbors could be made better if we could reach more of them. We will need to raise even more money to do so.

For that reason, I am pleased to inform you that the Center has hired its first Director of Development; a full-time position dedicated to coordinating our efforts to identify new sources of income. The new member of our staff is Stacy Armstrong, who was formerly Director of Development for the San Francisco unit of the American Cancer Society. She has a successful record of raising annual gifts; organizing special events; and, recruiting, training and supervising volunteers. Stacy and her husband, Phil, are residents of Emmaus.

Stacy will be successful in her efforts only if we all get behind her and help in anyway we can. She will be forming groups of Center members to assist her in understanding the ways in which we should grow and there will also be opportunites for young and old to volunteer to conduct new fund raising projects. Stacy has been working with us for a month now and all of us on the staff feel that she "fits right in". I think you will feel the same way when you meet her. Please welcome Stacy when you have a chance to meet her. *Until next time, Best Wishes.*

Joe Farkas

A SPECIAL SPRING PROJECT

PYSANKY EGGS

A four week workshop on Fridays from 9 a.m. - 11 a.m. in our Studio Arts room. Classes will be in session on the following dates - March 12, 19, 26, and April 2nd.

There will be a materials fee of $8.50 and a cost of $.10 per unwashed farmer's egg. John Wallach has earned a reputation here at the Center for his exquisitely lovely Pysanky eggs. He has agreed to teach this wonderful Ukranian folk art to a small group limited to ten participants.

You will have use of the many colored dyes and will have your own fine and medium stylus, as well as your beeswax patty and two candles, along with a pattern sheet. Once you have learned the technique, you can go on to make these highly prized gifts for special people in your life. **Call Mary Ann to sign up for this class.**

S.O.S. from Peter Cottontail

If Peter Cottontail is going to be 'hoppin' down the bunny trail, bringing lots of Easter eggs your way', he needs help. Or rather she needs help, "She" being Vivian Gracely. Call Mary Ann Busolits if you can help make Easter candy for our March 27 Spring Fling. We will be up to our elbows in coconut, chocolate and powdered sugar on the following dates.

- **Mon., March 8th, 10 a.m. till done-forming eggs**
- **Thurs., March 11th, 10 a.m. till done-dipping eggs**
- **Fri., March 12th, 10 a.m. till done-boxing candy**

We also need help making Pot Pie Dough on March 15th from 10 a.m. till done.

AARP 1993 TAX HELP

Available Here at Your Senior Center

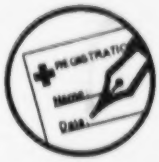
Thursdays and Fridays from 9 a.m. - 1 p.m. through April 15, 1993

The Tax Aide Program of the American Association of Retired Persons helps older Americans prepare their tax forms each year. This free public service uses volunteer tax counselors. Help is available, first come, first served in the order of sign ups. There is no guarantee that everyone present on a given day can be served within the 9 a.m. - 1 p.m. time frame. Those not served will go to the top of the list for the next day the service is offered. If you are using VAST to get to the Center for tax help, check in at the reception desk in the lobby so we can assist you in being served within the time allowed between your pick up and return.

Topics for Lehigh County Seniors

"TOPICS FOR LEHIGH COUNTY SENIORS" is a Pennsylvania Department of Education grant awarded to Lehigh County Community College with the specific intent of providing innovative programming in adult education at the Lehigh County Senior Citizens' Center. This grant was developed by Mrs. Joan Lipiec, Specialist in educational planning and curriculum design, coordinator of several grant funded programs at LCCC and Carol Wallace, Assistant Center Director. **The following classes are being offered through this grant and interested individuals may sign up by seeing Mary Ann Busolits, Access Coordinator, or phone her at 437-3700 weekdays from 8:30 a.m. - 4:30 p.m.**

Taking the Mystery Out of Medicine



6 Mondays 9 a.m. - 11:00 a.m.
March 22, 29, April 5, 12, 19, 26

Want to find out what the doctor meant when he said "diverticulitis" or "diverticulosis" and when he prescribed medicine "bid" or "gid"? Medical terms don't have to be confusing if you know how they're put together. Join our nurse and pharmacist for code-breaking sessions on medical terms and prescription drugs.

This class will be taught by Mrs. Lora Lesak, Registered Nurse, B.S. in Health Arts, and Instructor of Medical Terminology at LCCC.

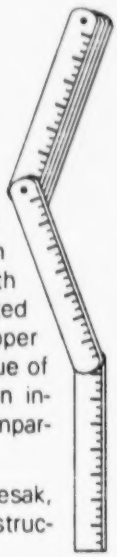
Express Yourself!

6 Mondays 1:00 p.m. - 3:00 p.m.
March 22, 29, April 5, 12, 19, 26

Here's a chance to put your creative thoughts on paper, whether they be poetry, essays, stories or memoirs. This workshop will spark your imagination with unusual topics and guide you through the process. No writing experience is necessary, but be prepared to expand your mind!

This class will be taught by Mrs. Jean Dyer, British citizen, who has a teaching certificate from London University and B.S. Education from Kutztown University. She instructs job training, GED and Writing at LCCC.

Today's Foods - How Do They Measure Up?

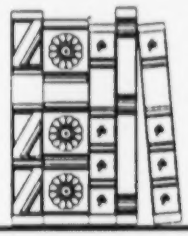


6 Thursdays 9:00 a.m. - 11:00 a.m.
March 25, April 1, 8, 15, 22, 29

Yesterday margarine and oat bran were in, butter and potatoes were out. What are we to believe with advertising, mass production and nutritionists constantly bombarding us with what to eat? How healthy are mass-marketed convenience foods? Become a savvy shopper and have some fun as we compare the value of various products in this Comsumers Union inspired workshop. We'll be reading labels, comparing foods and even taste testing!

This class will be taught by Mrs. Lorna Lesak, Registered Nurse, B.S. in Health Arts, and Instructor of Medical Terminology at LCCC.

Books Are Us



6 Fridays 1:00 p.m. - 2:30 p.m. Starting March 26

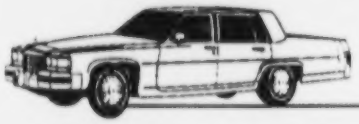
Have you ever read a book and wanted to share it with someone? Here is that perfect opportunity. Come and share with others your enjoyment of books. Learn about other books and authors. Come, join the group and widen your world with Books Are Us!

Class size: 8 students
This class will be taught by Jo Mountain who has a Masters Degree in Education as a Reading Specialist.

The Lehigh County Senior Citizens' Center is an Equal Opportunity Employer and all programs and services provided by the Center are offered without regard to race, religion, political affiliation or personal background.

The Center is a member of the National Council on the Aging, the National Institute of Senior Centers, the Pennsylvania Association of Senior Centers and the Nexus for Geriatric Planning.

55 Alive/Mature Driving



A Unique Program for Older Drivers

Thursday, April 1st and Friday, April 2nd, 12:30 -4:30 p.m. *Taught by Maryet Garrigan*

Sponsored by the American Association of Retired Persons (AARP), this program consists of eight hours of classroom instruction that refine existing skills and develop safe defensive driving techniques.

It teaches preventative measures to use when driving that save lives. It covers how to handle adverse driving conditions, traffic hazards, as well as the effects of aging and medications on driving.

The cost for this course is $8 to cover the informational materials you will get to keep.

To sign up you must fill out a special registration form available from Mary Ann Busolits, Access Coordinator. Your check for $8 should be made out to "AARP" not the Center.

IN THE SPOTLIGHT
Older Drivers:

There's no end of opinion these days on whether "risky" older drivers should keep driving.

The Washington Post quoted National Institute on Aging statistics indicating that 50 million older citizens will be eligible to drive by the year 2020 and that nearly half of these persons will be 75 or older.

It added: *"When the crash rate is figured only on a mileage basis, the older driver shows a lower rate of risk because they are on the road less than the younger driver. Research indicated that older drivers drive selectively, such as during daytime hours, or they may restrict their driving to familiar roads or avoid driving during adverse weather or traffic conditions."*

However, when the crash rate is figured on a yearly basis "the older driver's rate of crash is slightly higher than the younger population, and the crash rate increases with age," particularly after age 70.

Modern Care for Aging Eyes

A special informational program presented by Dr. Lisa S. Bunin - Wednesday, April 7th - 10:45 a.m. Community Room

Dr. Bunin is on staff at Sacred Heart Hospital where the Regional Eye Center is located, as well as on staff at Lehigh Valley Hospital, Allentown General Hospital, and Osteopathic Hospital. She will speak on a variety of eye problems including droopy and baggy eyelids, cataracts and secondary cataracts, dry eyes, tearing eyes, glaucoma, macular degeneration and other aging changes of the eye.

There will be a time for questions and answers. This program was recommended by Center members Donald and Pearl Lehr.

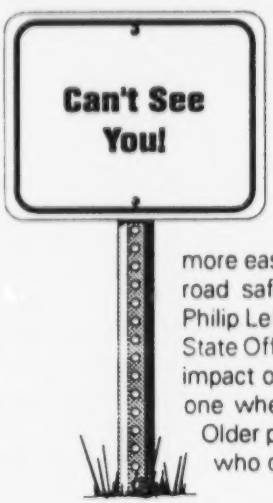
Your Waterworks

A program of special interest to those taking care of, or living with people with urinary incontinence.
Three Thursdays: April 22nd, April 29th, and May 6th 12:30 - 2:30 p.m. Room A

Incontinence is widespread among the elderly causing hardship for caregivers and limiting mobility and opportunities for those who suffer from it. There has been much progress in recent years to control the problem.

The program will be taught by Kathie Hesnan, RN,BSN,CETN and coordinator of the Regaining Control Continence Program.

The class is co-sponsored through Lehigh Valley Home Care and Lehigh Valley Hospital's Prestige Health. **To sign up for this program see Mary Ann Busolits, Access Coordinator and fill out a special registration form.**



It's Not Just the Driver

The New York Times, had reported on a New York State task force that recommended road signs that could be read more easily by aging motorists and other road safety improvements. It quoted Philip LePore, a program analyst with the State Office for the Aging as saying, "The impact on social services is a significant one when you pull someone's license. Older people who can drive help those who can't."

Place an ad in one of these spots and promote your business, group, personals, etc...Besides promoting your business, you will be helping the Senior Center provide you with the latest Center News, information on classes, trips and other special activities in the coming months. If you have any questions or if you would like to place an ad, please contact Carol Wallace, Assistant Center Director.

March 14-20, 1993
is National Employ the Older Worker Week

Your Senior Center supports the entitlement of older adults to have fair and equal opportunities to contribute to our society by having a place in the work force.

The Senior Center has Staff and Instructors who are from age 60 through late 80's whose talents and energies continue to breath life into a mission to promote the interests of senior citizens in Lehigh County and assist seniors in maintaining meaningful roles in society.

South mall

Featuring Hess's, Jamesway, Phar-Mor, Weis Market and many other great stores!

(215) 791-0606
Located West of I-78 on the
Lehigh Street Auto Mile
HOURS: Mon.-Sat. 10-9; Sun. 10-5

Mall-wide gift certificates & PA Instant Lottery available.

ATTENTION METRO PLUS RIDERS

Effective February 1, 1993, Metro Plus Fares will be increasing. The fare for a single zone trip will increase from $1.50 to $1.60. The fare for a multi zone trip will increase from $2.25 to $2.40. A book of tickets will still contain 20 tickets, but the cost will increase from $15.00 to $16.00; each ticket will now be worth $.80. If you have tickets remaining from the $15.00 books, you may continue to use them until your supply runs out at no additional cost.

REMINDER: Your regularly scheduled trips to the Center are not affected by this change.

Ride Metro *Free* When You're 65+

Call 435-3646 for information

J.S. Burkholder
FUNERAL HOME, INC.

Michael A. Weber, Pres. Supervisor
16th & Hamilton Streets, Allentown, PA 18102
(215) 433-5161

Come Celebrate Spring!

Join us at
LEHIGH COUNTY SENIOR CITIZENS' CENTER
1633 Elm Street, Allentown, PA
for our

"Spring Fling"

Saturday, March 27th - 10 a.m. to 3 p.m.

There will be...
FUN, FOOD, MUSIC AND SURPRISES!

• Attic Treasures • Baked Goods • Homemade Jellies • Door Prizes • Year-Round Gifts • Special Spring and Easter Theme Items • Ceramics, Crafts, Paintings, Knotted Quilts, Knit and Crocheted Items • Raffles • Homemade Easter Candy

and much more....

CALL 437-3700 FOR MORE INFORMATION

Sunday	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Saturday*
	1 9:00 Studio Arts 9:00 Ceramics 9:00 Crafts 9:00 Computers - Intro. Windows 10:00 Magic 101 12:30 Ceramics 1:00 Recreational Cards	**2** 9:00 Deaf Senior Citizens 9:00 Sewing and Quilting 9:00 Ceramics 9:00 Bridge - SPADE 10:30 TOPS Meeting 12:30 Ceramics	**3** 9:00 Studio Arts 9:00 Crafts 9:00 Ceramics 9:00 Crocheting 9:00 Computers - Microsoft Works 9:30 Activity Planning Committee 10:30 Computers - First Publisher 12:30 Ceramics 1:00 Dance	**4** 9:00 Studio Arts 9:00 Crocheting 9:00 Bridge - DIAMOND 9-1 TAX HELP 10:00 Computers - Quicken 11:00 Help With Medicare Forms 11:15 Sing Along 1:00 Krazy Kids Practice	**5** 9:00 Ceramics 9:00 AM Friday Seniors 9:00 Beginner Crochet 9:00 Computers - Professional Write 9-1 TAX HELP 12:30 PM Friday Seniors 12:30 Ceramics 7:00 Pinochle Party	**6** **8:00 P.M. - DANCE**
7 1:30 Pinochle Party	**8** 9:00 Studio Arts 9:00 Ceramics 9:00 Crafts 10:00 Magic 101 10:00 BAZAAR - Form Eggs 12:30 Ceramics 1:00 Recreational Cards	**9** 9:00 Sewing and Quilting 9:00 Ceramics 9:00 Bridge - SPADE 10:30 TOPS Meeting 12:30 Ce[illegible]s	**10** 9:00 Studio Arts 9:00 Crafts 9:00 Ceramics 9:00 Crocheting 11:00 Hearing Screening 12:30 Ceramics 1:00 Teamsters Retirees' Meeting	**11** 9:00 Studio Arts 9:00 Crocheting 9:00 Bridge - DIAMOND 9-1 TAX HELP 9:30 'Morning Coffee' ARC 10:00 BAZAAR - Dip Eggs 11:00 Help With Medicare Forms 11:15 Sing Along 1:00 Krazy Kids Practice	**12** 9:00 Ceramics 9:00 AM Friday Seniors 9:00 Beginner Crochet 9:00 Pysanky Eggs 9-1 TAX HELP 10:00 BAZAAR - Box Candy 12:30 PM Friday Seniors 12:30 Ceramics 7:00 Pinochle Party	**13**
14 TRIP-Wallington Exchange 1:30 Pinochle Party	**15** *National Employ the Older Worker Week* 9:00 Studio Arts 9:00 Ceramics 9:00 Crafts 10:00 BAZAAR - Pot Pie Dough 12:30 Ceramics 1:00 Recreational Cards	**16** 9:00 Sewing and Quilting 9:00 Ceramics 9:00 Deaf Senior Citizens 10:30 TOPS Meeting 12:30 Ceramics	**17** *St. Patrick's Day* 9:00 Studio Arts 9:00 Crafts 9:00 Ceramics 9:00 Crocheting 12:30 Ceramics ***WEAR GREEN TODAY***	**18** Spirit of Women Conference 9:00 Studio Arts 9:00 Crocheting 9-1 TAX HELP 9:30 Senior Citizens Council Mtg. 11:00 Help With Medicare Forms 11:15 Sing Along 1:00 Krazy Kids Practice	**19** Spirit of Women Conference 9:00 Ceramics 9:00 AM Friday Seniors 9:00 Beginner Crochet 9:00 Pysanky Eggs 9-1 TAX HELP 12:30 PM Friday Seniors 12:30 Ceramics 7:00 Pinochle Party	**20** **8:00 P.M. - DANCE**
21 1:30 Pinochle Party	**22** 9:00 Studio Arts 9:00 Ceramics 9:00 Crafts 9:00 Computers - Part I 9:00 Taking the mystery out of medicine 10:30 Computers - Part II 12:30 Ceramics 1:00 Recreational Cards 1:00 Express Yourself	**23** 9:00 Sewing and Quilting 9:00 Ceramics 10:00 Computers - Part III 10:30 TOPS Meeting 12:30 Ceramics	**24** 9:00 Studio Arts 9:00 Crafts 9:00 Ceramics 9:00 Crocheting 9:00 Computers - Microsoft Works 10:30 Computers - First Publisher 12:30 Ceramics	**25** TRIP-Dutch Apple 9:00 Visiting Nurse (VNA) 9:00 Studio Arts 9:00 Crocheting 9:00 Today's Food 9-1 TAX HELP 10:00 Computers - Quicken 11:00 Help With Medicare Forms 11:15 Sing Along 12:00 Pool Room Closed	**26** 9:00 AM Friday Seniors 9:00 Pysanky Eggs 9-1 TAX HELP 10:00 Computers - Professional Write 12:30 PM Friday Seniors 1:00 Books Are Us	**27** ***Spring Fling***
28 1:30 Pinochle Party	**29** 9:00 Studio Arts 9:00 Ceramics 9:00 Crafts 9:00 Computers - Part I 9:00 Taking the mystery out of medicine 10:30 Computers - Part II 12:30 Ceramics 1:00 Recreational Cards 1:00 Express Yourself	**30** 9:00 Sewing and Quilting 9:00 Ceramics 10:00 Cor[illegible]rs - Part III 10:30 TOPS Meeting 12:30 Ceramics	**31** 9:00 Studio Arts 9:00 Crafts 9:00 Ceramics 9:00 Crocheting 9:00 Computers - Microsoft Works 10:30 Computers - First Publisher 12:30 Ceramics			

March '93

Senior Center - 437-3700

Travel 1993

March 14, 1993 (Sun.) Wallington Exch. $39/pp
Slavic Feast and Caberet
Full amount now due - only a few seats left! Departs 10:30 a.m. and returns 5:45 p.m. Home of the Slavic Food Festival and an exotic show!

March 25, 1993 (Thurs.)
Dutch Apple Dinner Theater $39/pp
"Love, Sex, and the IRS"
Full amount now due - only a few seats left! Departs 9:30 a.m. and returns 5:30 p.m.

April 14, 1993 (Wed.)
Riverfront Dinner Theater $35/pp
"Ain't Misbehavin"
$10 deposit at sign up - balance due by March 12, 1993. Departs 9:30 a.m. and returns 5 p.m.

May 3-7, 1993 - Wildwood, N.J. $179/pp dbl
5 days/4 nights
$50 deposit at sign up - balance due by April 1, 1993. Includes: 2 Dinners, 4 Breakfasts, visit Smithsville, 2 days to Atlantic City Casinos with bonus, boat ride, all taxes, baggage handling and gratuities.

May 26, 1993 (Wed.) Mount. Laurel Resort $40/pp
"Music Across America"
$10 deposit at sign up - balance due by Apnl 23, 1993. Departs 10 a.m. and returns 6 p.m. Luncheon included.

June 2, 1993 (Wed.) Mount Haven $39/pp
"Best of Broadway"
$10 deposit at sign up - balance due by May 1, 1993. Departs 8:00 a.m. and returns at 6 p.m. You'll be greeted with an all you can eat breakfast followed by Bingo, Movie, Gift Shop and live entertainment. Open bar and a fabulous buffet dinner.

June 5-13, 1993 - Branson, Missouri $765/pp dbl.
"Best of the Ozarks"
$100 deposit at sign up - balance due by May 1, 1993. Includes: 9 days and 8 nights, 7 dinners, 8 breakfasts and 5 shows! Detailed itinerary available at the Center.

June 21, 1993 (Mon.) Mystery Trip? $40/pp
$10 deposit at sign up - balance due by May 20, 1993. Departs 8 a.m. and returns at approximately 5 p.m. Lunch included. This is a trip different from any in the past. Don't miss it!

June 23, 1993 (Wed.)
Shadowbrook Inn & Resort $35/pp
Tunkhannock "Nostalgia Day" (Big Band Sound of the 40's) $10 at sign up - balance by May 15, 1993. Departs 8 a.m. and Returns 5:45 p.m. Reception (coffee, tea, danish and fruit) Buffet Luncheon - Show and Dancing.

July 15, 1993 (Thurs.)
Seasons Resort Dinner Theater $44/pp
Great Gorge, N.J. "Annie"
$10 deposit at sign up - balance due by June 1, 1993. Departs 9 a.m. and returns 6 p.m. Three meal choices.

July 28, 1993 (Wed.) Rockwell Product. $43/pp
Grand Candlelight Dinner Theater "Carnival"
$10 deposit at sign up - balance due by June 25, 1993. Departs 9 a.m. and returns 6:30 p.m.

The Pool Tables and Lounge Area are available weekdays from 8:45 a.m. - 4:15 p.m. You must be 60 years or older to use these facilities.

Lunch Program - weekdays at 11:30 a.m. You must have a reservation by 11:00 a.m. the preceding day.

April '93

Senior Center - 437-3700

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 Studio Arts 9:00 Today's Foods 9:00 Crocheting 9-1 TAX HELP 10:00 Computers - Quicken 11:00 Help With Medicare Forms 11:15 Sing Along 12:30 55 Alive - Driving 1:00 Krazy Kids Practice 7:00 Line Dancing	**2** 9:00 Ceramics 9:00 AM Friday Seniors 9:00 Beginner Crochet 9:00 Pysanky Eggs 9-1 TAX HELP 10:00 Computers-Professional Write 12:30 PM Friday Seniors 12:30 Ceramics 12:30 55 Alive - Driving 1:00 Books Are Us 7:00 Pinochle Party	**3** **8:00 P.M. - DANCE**
4 1:30 Pinochle Party	**5** 9:00 Studio Arts 9:00 Ceramics 9:00 Crafts 9:00 Computers - Part I 9:00 Taking the Myst. out of Medicine 10:30 Computers - Part II 12:30 Ceramics 1:00 Recreational Cards 1:00 Express Yourself 6:00 Macrame' Chairs	**6** 9:00 Sewing and Quilting 9:00 Ceramics 9:00 Deaf Senior Citizens 10:00 Computers - Part III 10:30 TOPS Meeting 12:30 Ceramics	**7** 9:00 Crafts 9:00 Ceramics 9:00 Crocheting 9:00 Studio Arts 9:00 Computers - Microsoft 9:30 Activity Planning Committee 10:30 Computers - First Publisher 10:45 Speaker Program-Aging Eyes 12:30 Ceramics 1:00 Dance	**8** 9:00 Studio Arts 9:00 Today's Foods 9:00 Crocheting 9-1 TAX HELP 9:30 'Morning Coffee' ARC 10:00 Computers - Quicken 11:00 Help With Medicare Forms 11:15 Sing Along 1:00 Krazy Kids Practice 7:00 Line Dancing	**9 GOOD FRIDAY** **Center Closed**	**10**
11 ***Easter Sunday***	**12** 9:00 Studio Arts 9:00 Ceramics 9:00 Crafts 9:00 Computers - Part I 9:00 Taking the Myst. out of Medicine 10:30 Computers - Part II 12:30 Ceramics 1:00 Recreational Cards 1:00 Express Yourself	**13** 9:00 Sewing and Quilting 9:00 Ceramics 10:00 Computers - Part III 10:30 TOPS Meeting 12:30 Ceramics 3:00 Managers Chat-Channel 39 7:30 Managers Chat-Channel 39	**14 TRIP-Riverfront Theater** 9:00 Crafts 9:00 Ceramics 9:00 Crocheting 9:00 Studio Arts 9:00 Computers - Microsoft 10:30 Computers - First Publisher 12:30 Ceramics 1:00 Teamsters Retirees' Meeting	**15** 9:00 Studio Arts 9:00 Today's Foods 9:00 Crocheting 9-1 TAX HELP 9:30 Senior Citizens Council Mtg. 10:00 Computers - Quicken 11:00 Help With Medicare Forms 11:15 Sing Along 1:00 Krazy Kids Practice 7:00 Line Dancing	**16** 9:00 Ceramics 9:00 AM Friday Seniors 9:00 Beginner Crochet 10:00 Ribbon Cutting - Comp. Lab 10:00 Computers-Professional Write 12:30 PM Friday Seniors 12:30 Ceramics 1:00 Books Are Us 7:00 Pinochle Party	**17** **8:00 P.M. - DANCE**
18 ***Orthodox Easter*** 1:30 Pinochle Party	**19** 9:00 Studio Arts 9:00 Ceramics 9:00 Crafts 9:00 Computers - Part I 9:00 Taking the Myst. out of Medicine 10:30 Computers - Part II 12:30 Ceramics 1:00 Recreational Cards 1:00 Express Yourself 6:00 Macrame' Chairs	**20** 9:00 Sewing and Quilting 9:00 Ceramics 9:00 Deaf Senior Citizens 10:00 Computers - Part III 10:30 TOPS Meeting 12:30 Ceramics	**21** 9:00 Crafts 9:00 Ceramics 9:00 Crocheting 9:00 Studio Arts 9:00 Computers - Microsoft 10:30 Computers - First Publisher 12:30 Ceramics	**22** 9:00 Studio Arts 9:00 Today's Foods 9:00 Crocheting 9:00 Visiting Nurse (VNA) 10:00 Computers - Quicken 11:00 Help With Medicare Forms 11:15 Sing Along 12:30 Speaker Program: Waterworks 1:00 Krazy Kids Practice 7:00 Line Dancing	**23** 9:00 Ceramics 9:00 AM Friday Seniors 9:00 Beginner Crochet 10:00 Computers-Professional Write 12:30 PM Friday Seniors 12:30 Ceramics 1:00 Books Are Us 7:00 Pinochle Party	**24**
25 1:30 Pinochle Party	**26** 9:00 Studio Arts 9:00 Ceramics 9:00 Crafts 9:00 Computers - Part I 9:00 Taking the Myst. out of Medicine 10:30 Computers - Part II 12:30 Ceramics 1:00 Recreational Cards 1:00 Express Yourself 6:00 Macrame' Chairs	**27** 9:00 Sewing and Quilting 9:00 Ceramics 10:00 Computers - Part III 10:30 TOPS Meeting 12:30 Ceramics	**28** 9:00 Studio Arts 9:00 Crafts 9:00 Ceramics 9:00 Crocheting 9:00 Computers - Microsoft 10:30 Computers - First Publisher 12:30 Ceramics	**29** 9:00 Studio Arts 9:00 Today's Foods 9:00 Crocheting 10:00 Computers - Quicken 11:00 Help With Medicare Forms 11:15 Sing Along 12:30 Speaker Program: Waterworks 1:00 Krazy Kids Practice	**30** 9:00 Ceramics 9:00 AM Friday Seniors 9:00 Beginner Crochet 10:00 Computers-Professional Write 12:30 PM Friday Seniors 12:30 Ceramics 1:00 Books Are Us 7:00 Pinochle Party	

August 11, 1993 (Wed.) Mystery Trip? $41/pp
$10 deposit at sign up - balance due by July 1, 1993. Departs 8 a.m. and returns 5:30 p.m. You will enjoy this trip! New destination. Lunch included.

August 26, 1993 (Thurs.) Baltimore Inner Hbr. $31/pp
$10 deposit at sign up - balance due by July 15, 1993 Departs 8:00 a.m. and returns 8:00 p.m. A fun day at Baltimore Harbor. Time to browse through shops, tour the National Aquarium, Seven-Story Sea wonder. Price includes transportation and admission to aquarium. (All meals on your own).

September 10, 1993 (Fri.) Lancaster Day Trip $40/pp
New Places! $10 at sign up - balance due by August 1, 1993. Departs 8:30 a.m. and returns 8 p.m. Hans Herr House - Meadowbrook Farmers Market A Horse and Buggy Ride then we will eat at the Esh House at 5:30 p.m.

September 13-25, 1993 $1,799/dbl
National Parks and Canyons $2,255/single
$1,719/triple
$100 due at sign up 13 days/12 nights -Be sure to stop at the front desk at the Center for a detailed itinerary or ask to have one mailed to you. Fly to Las Vegas - tour with Motorcoach - F[illegible]ack from [illegible]ver.

October 6, 19[illegible]Wed.) W[illegible]loch Pines $38/pp
$10 due at sign up - balance due by September 1, 1993 Departs 9 a.m. and returns 6 p.m. A favorite of everyone. The food is always good. A very scenic trip this time of year. Don't miss it. Sign up early!

October 20, 1993 (Wed.) Mt. Airy Lodge $40/pp
Mt. Pocono, PA Featuring "Myron Floren" Formerly on the Lawrence Welk Show. $10 at sign up - balance due by September 10, 1993. Departs 9 a.m. and returns 6 p.m. Three meal choices.

•• November, 1993
We are working on an Ice Show!
DATE AND TIME TO BE ANNOUNCED

November 8-11, 1993 - Middlebury Inn $375/pp dbl
$50 deposit at sign up - balance due by October 1, 1993. Get into the Christmas Spirit while staying at the Inn and touring Vermont. Vivian and Carolyn know this place is super!

SENIOR TRIP POLICY

Trips are filled first come, first served and Center members have priority. Non-members age 60 and older who reside in Lehigh County are given next consideration. Adults under 60 are welcome, whenever space allows. Money will be refunded if you need to cancel, provided a replacement is found by you or by the Center. Refunds cannot be made on unfilled trips.

New Evening and Weekend Programing

Stop watching re-runs on T.V. or sitting home on nice Spring evenings - Come meet new people, try a new activity and extend those hours of a day that can be used to enrich your life.

HIGHLIGHTS

Mondays - April 5th - May 17th
6 p.m. to 8 p.m. Macrame' Chair Class

Wednesdays - May 5th - July 7th
6:30 p.m. to 8 p.m. Ballroom Dance Lessons

Thursdays - April 1st - May 27th
7 p.m. to 8 p.m. Line Dance Lessons

Fridays - Year-round
7 p.m. Pinochle Party

Saturdays - 1st and 3rd of each month (Year-round)
8 p.m. to 11 p.m. Social Dance open to the public

Sunday Afternoons Year-round -
1:30 p.m. Pinochle Party

Macramé Chairs

Monday Evenings (Early - still light for driving) 6:00 p.m - 8:00 p.m. Preliminary Session April 5th - Next Sessions April 19, 26, May 3, 10, 17

You supply an aluminum chair frame and, for a $15 materials fee, plus a $1.00 registration fee, you will learn how to create a beautiful chair in your choice of colors and patterns. This activity is excellent physical therapy for fingers and wrists. **To register, call Mary Ann Busolits, Access Coordinator. There is room for 18 people in this class.**

Ballroom Dancing Lessons

for Fun and Healthy Exercise

Ten Wednesday Evenings from 6:30 p.m. - 8:00 p.m. Starting on May 5th, 1993 through July 7, 1993
$40 per pair (Room for 12 pairs)

Everyone from teenagers to goldenagers are learning to dance the "old fashioned" way again. Ballroom dance clubs are springing up all across the U.S.A. as folks rediscover or learn for the first time how to waltz, foxtrot or do the lindy, polka, or jitterbug.

John Muraech teaches ballroom dancing at both Lehigh County Community College and Northampton Community College. He has also taught this course for Prestige Health, a co-sponsor of this series at the Senior Center.

To sign up, call Mary Ann Busolits, Access Coordinator. Remember, there must be two of you able to dance as a couple to participate.

Line Dancing Line Dancing Line Dancing!

***Finally!* 8 Thursday Early Evenings 7 p.m. - 8 p.m. (still light for driving) April 1, 8, 15, 22, May 6, 13, 20, 27**

Learn all the latest line dances - The Achey-Breaky Heart, Cowboy Boogie, Electric Slide, ChaCha Line Dance and all your old favorites.

It's great exercise and you don't need a partner to enjoy dancing. Center Member Elaine Novak is a professional dance instructor for square dancing as well as line dancing. She is up on the newest, but also understands that we may need a bit of extra help or time to master the moves.

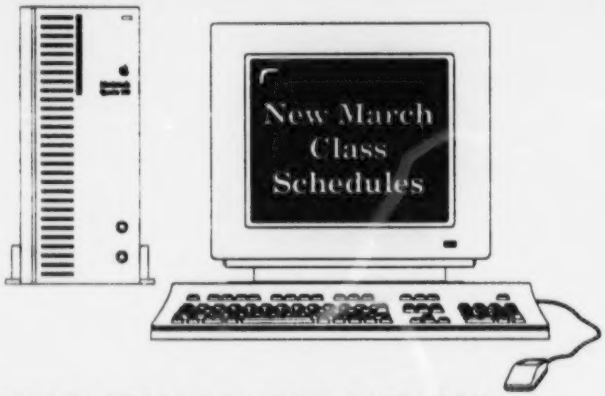
We will accept 20 people in this activity. The cost is $2 per session per person or $16 per person for the entire 8 weeks. **To sign up, contact Mary Ann Busolits, Access Coordinator.**

ARE YOU AT LEAST AGE 50?

Is Saturday Night Still "*Party Nite*"?

Join Us for Our Newest Weekend Event...
Saturday Night Dances

Every 1st and 3rd Saturday evenings from 8:00 p.m. - 11:00 p.m. come out to your Senior Center and dance to live music, enjoy light refreshments and meet a group of friendly-get-to-know-you people. You don't have to be a "*single*" or a "*couple*". Everyone is welcome. Kitty Schmoyer is our volunteer Hostess for the dances. **Admission is $5 per person, with tickets available at the door.**



NEW CLASSES STARTING IN MARCH

As with all classes at the Center, openings will be filled on a first come, first served basis. Each class will be limited to 8 participants, one person to each computer, two people to a printer. Fees are $1.00 per session for a Center Member and $2.00 per session for others. Incidental low cost materials fees will be announced as required. **To register for a class, see Mary Ann Busolits, Access Coordinator or phone her at 437-3700 weekdays from 8:30 a.m. - 4:30 p.m.**

INTRODUCTION TO COMPUTERS - PART I THE BASICS *Taught by Jake Flyzik*

Mondays - 8 weeks March 22nd to May 10th, 9 a.m.- 10:30 a.m.

This is our basic course. No computer knowledge is required. If you have always wondered what a computer is, how it works, and what can it do for you, this is the course.

In a relaxed, easy going, comfortable setting we will explain how a computer works and how it can help you accomplish many things. You will also be introduced to all of the equipment in our state-of-the-art computer lab. All parts of a computer system (the computer, monitor, printer, mouse and other equipment) will be explained in down to earth English. Also, you will have plenty of time for "hands on" use of all of the equipment. No computer knowledge is required.

INTRODUCTION TO COMPUTERS - PART II-DOS and WINDOWS - THE OPERATING SYSTEMS *Taught by Jake Flyzik*

Mondays - 8 weeks March 22nd to May 10th, 10:30 a.m - 12 noon

This course will teach you about the two most popular operating systems in use today; DOS and WINDOWS. By understanding how each of these systems works both separately and with each other, you will be able to increase the productivity of your computer tremendously. A very basic knowledge of computers is recommended though not required.

PROFESSIONAL WRITE *Taught by Jo Mountain*

Fridays - 8 weeks March 26th to May 14th, 10 a.m. - 11:30 a.m.

Learn a word processing program that will help you in your writing needs. You will master typing and saving information on computer disks. Learn to format your writing efforts with headings for the top of your page and "footers" that will appear at the bottom of your page. Learn to tabulate using both decimal and tab stops. Learn to edit your work by using a built-in dictionary, and see how easy it is to correct your work. You will begin to type your own thoughts on the computer and to make printed copies. If you can type, fine, but the hunt-and-peck method is welcomed.

INTRODUCTION TO COMPUTERS - PART III THE COMPUTER AS A WORD PROCESSOR

Taught by Jo Mountain

Tuesdays - 8 weeks March 23rd to May 11th, 10 a.m.- 11:30 a.m.

(For students who have completed an introductory level course, Part I or Part II). You will gain greater skill with the keyboard and word processing programs. You will learn more about computers that are on the market today, and what to look for when purchasing one. There will be a brief introduction to other programs available at the Center. This course is designed for fun and enrichment!

MICROSOFT WORKS *Taught by Jake Flyzik*

Wednesdays - 8 weeks March 24th to May 12th, 9 a.m.- 10:30 a.m.

This course will teach you the basics of using a word processor, a spreadsheet and a data base using one program that integrates all of these separate functions into a unified, easy-to-use system.

You must have taken at least one basic computer course to be comfortable with this program.

FIRST PUBLISHER *Taught by Jake Flyzik*

Wednesdays - 8 weeks March 24th to May 12th, 10:30 a.m.- 12 noon

This is a program for making flyers, newsletters, greeting cards, calendars and much more.

You must have taken at least an introductory level computer class for this series. Learn all those useful tricks that result in professional looking notices, bulletins or newsletters. Design your own greeting cards.

QUICKEN *Taught by Jo Mountain*

Thursdays - 8 weeks March 25th to May 13th, 10 a.m.- 11:30 a.m.

Spend less than half the time - get twice the results. Quicken does your monthly financial work automatically.

It keeps your finances complete, accurate, and up-to-date automatically. It does investment tracking. See your portfolio at a glance. With credit cards - know what you've charged and what your balance is. Tax time? You're ready in no time. In just 3 seconds, you can get a report detailing your taxable income and deductions, or capital gains for the year. Budgeting - it's easy to check your spending against a budget each month. And, there is much, much, more. ***Sign up fast.***

The following individuals, groups, corporations and other organizations have made donations to the Senior Center since our last newsletter. We are grateful to them all for their generous support. (This list as of February 4, 1993)

James S. Anderson
Homer Angstadt
Jeannette M. Arnold
Dr. and Mrs. Lyall Barnhardt
Mrs. Stella Beischl
Stella Bender
Mr. and Mrs. Joseph C. Benner
The Patsy and Rose H. Billera Foundation
Helen F. Binder
Betty M. Boyer
Edna Breisch
Clyde B. Brinker
Buckeye Pipe Line Company
Edith Butz
Mr. and Mrs. G.D. Caliendo
Chrysler First (Nations Credit)
Louise H. Clause
Irving W. Coleman, Esq.
Frances M. Crawford
Richard E. Duncan
Richard and Karen Eckert, Jr.
Dorothy Eckhart
George W. Ervin
Joseph R. Farkas
Mrs. Emmaline E. Fina
Maude Fink
Myrtle I. Frederick
Mrs. Dorothy A. Gana
Mrs. Emma E. Gehris
Raymond H. Gaugler
Caroline A. Gorman
Kazimierz Goslawski
Betty Lou Hartzell
Harold F. Haldeman
Allen and Cirel Hillman
Charles Hoch Foundation
Ellen M. Hoffer
Mr. and Mrs. Edwin Hofstetter
Mr. and Mrs. Richard J. Hummel
Lulu G. Iobst
Fred J. Jaindl Foundation
Kurt and Phyllis Kempf
Anna Koenig
Anne M. Kramer
The Krazy Kids
Mr. and Mrs. John E. Lauchnor
Lehigh Valley Deaf Senior Citizens
Mr. and Mrs. Frederick Leonhardt
Adelaide H. Lynagh
Gwen Lyons
Margaret I. Maguire
Alma Maio
Mary Matteo
Harriet S. McDonald
John McKeone
Helen R. Miller
Alice Anne Miller
Mr. and Mrs. Luther O. Neubauer
Fred S. Newhard
Mr. and Mrs. Malcolm Peters
James A. Pilversack
Mr. and Mrs. Harry Rosen
Ruth Rushetski
Ruby A. Sachs
Katharine Schmoyer
Marie A. Schwartz
The Ruth P. Seruga Trust
Dorothy Shafer
Ella H. Smith
Mr. and Mrs. George J. Smith
Romae E. Smith
Elsie H. Sonntag
Virginia Souerwine
Ellwyn D. Spiker
Mr. and Mrs. Alan Steigerwalt
Marian S. Steigerwalt
Lois S. Stein
Kathryn Stephanoff
Arthur R. Stephens
Michael J. Tomcics
K.E. and P.J. Vocan
Mr. and Mrs. Jack Weisbond
Virginia S. Weiss
Josephine L. Weller
Millard Wertman
The Wood Company

The following have joined the Center or renewed their membership as Sustaining Members:

Alan C. Bolestridge
Grace T. Bolestridge
Josephine Bovankovich
Joseph Gallagher
George Kovish
Robert Lentz
Ruth Lentz
James Schweibinz
Stella Smith
Elizabeth Winn
Helen Worsley

As Life Members:

Harriet Hrabowensky
Kermit Laub
William Lawless

In Memory of Sue E. Buchmueller...

Mrs. Ethel Baker
Mr. & Mrs. Donald P. Buchmueller
Rev. & Mrs. O.H. Buchmueller
Mrs. Kathryn E. Davis
Dr. & Mrs. Walter J. Dex
Mr. & Mrs. Ed Dwyer
Mr. & Mrs. A. Daniel Fink
Mr. & Mrs. Lawrence Halverson
Mrs. Rose Harty
Mr. & Mrs. Lee Hedum
Mr. & Mrs. Syls Johnson
Mr. & Mrs. Ernst F. Klessig
Mrs. Thelma Kruse
Lehigh Valley Hospital Trust Fund
Miss Irma Maxheimer
Mr. & Mrs. Jerald Menken
Ms. Roberta J. Pohl
Mrs. Esther Robertson
Ms. Lorraine Schriefer
Ms. Catherine Tricano
Mr. and Mrs. John Wisdom

In Memory of Sophie Evans . . .

Michael Tomcics
Joseph R. Farkas

The following individuals will be missed as individuals who enriched our fellowship in some special way here at Lehigh County Senior Citizens' Center. We are glad that the Center was a part of their lives.

Stanley Altrichter
Stanley DeRalph
Sophie Evans
Eva Gross

Lehigh County
Senior Citizens' Center
1633 Elm Street
Allentown, PA 18102
Phone: 437-3700
TDD No. 437-3788

A United Way
Member Agency

THE SENIOR CENTER
NEWS

Non-Profit Org
U.S. Postage
PAID
Allentown PA
Permit No. 1450

Would You Like to Remember Someone Special?

Remember a loved one or note a friend or relative's special occasion. The Senior Center will notify that person that a gift was made.

Clip and mail to the Lehigh County Senior Citizens' Center
1633 Elm Street • Allentown, PA 18102

In honor of: _____

Amount donated: _____ Occasion remembered: _____
(Such as Birthday, Anniversary, Christmas, Hanukkah)

Donor's name: _____

Address: _____

City: _____ State: _____ Zip: _____

Please send a note to:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Please make checks payable to: **Lehigh County Senior Citizens' Center.** Gifts are tax deductible as provided by law.

Lehigh County
Senior Citizens' Center
1633 Elm Street, Allentown, PA 18102
Phone: 437-3700 • TDD No. 437-3788

A United Way
Member Agency

THE SENIOR CENTER NEWS

March/April 1993

Lehigh County Senior Citizens' Center is a private, non-profit, charitable organization. It is a member agency of the United Way of the Greater Lehigh Valley. The Center is funded, in part, through a contract with the County of Lehigh Department of Human Services Area Agency on Aging with funds received from the Pennsylvania Department of Aging. Center programs are also funded by the County of Lehigh, the City of Allentown, Center Members, the Township of Hanover (Lehigh County), Lower Macungie, Salisbury, South Whitehall and Upper Milford and the Boroughs of Catasauqua and Slatington.

Watch Channel 39's Managers' Chat
April 13th at 3:00 p.m. and 7:30 p.m.
Our Senior Center's brand new Computer Learning Lab is the featured story with interviews of Jake Flyzik, Computer Learning Lab Coordinator, and our Assistant Center Director, Carol Wallace.

Special Project Development:

Fridays Noon until 1 p.m.
By appointment only!
If you want to reserve time on a p.c. to develop a special independent project with the benefit of Jake's guidance, talk to him about your interest.

Practice Times:

Fridays Noon until 1 p.m.
By appointment only!
If you have taken a prior class here at the Center and would like to brush up on your skills with the help of Jake's expertise, talk to him about scheduling time so that he can reserve a p.c. for you.

Come Cut the Ribbon

on April 16th at 10:00 a.m. in the Community Room
Meet Senator Roy Afflerbach

Join us as we officially dedicate our fully operational Computer Learning Lab to all those senior citizens in Lehigh County who will take part in this new adventure in learning; how to use a wonderful tool, the personal computer.

We will be privileged to have State Senator Roy C. Afflerbach with us. He was responsible for obtaining the $25,000 grant from the Department of Public Welfare that funded the outfitting of our Lab.

Also with us will be some familiar faces from the group of people who were the driving force that took an assortment of donated, sometimes out-dated, P.C.'s, printers, and software, metal folding chairs and 8 foot long lunch tables and created an exciting environment that allowed senior citizens to begin to take part in the information age.

After a brief program and refreshments, you can visit the Lab and try your hand at making a greeting card or using a word processing program. You can talk to Jake Flyzik, our Computer Learning Lab Coordinator, who will invite you to join a class and catch some of the contagious enthusiasm shared by folks already in workshops and classes. **There will be special drawings for door prizes as part of our festivities.**

UNSUPERVISED USE OF THE COMPUTER LEARNING LAB
If you are already comfortable using p.c.'s and software, stop in to see Jake on Fridays noon until 1 p.m. and take a short check list test -You will then be on our "Computer All Pro List " and can use a p.c. when it is available, whether or not the Lab Coordinator or an instructor is present.

From the Director

Dear Member,

As a non-profit organization our Senior Center does what other similar organizations do - we mail letters to our friends and members asking them to make donations. Our last such letter went out in November 1992. I am pleased to report that, to date, $5,530 has been donated to help cover the costs of services and programs offered at the Center.

While the largest single contribution received as a result of the mailing was $2,000, there were numerous $5 and $10 contributions and many in between. All gifts, large or small, are important. In the last newsletter I wrote that participation in our social, recreational and educational programs increased by 20% in 1992. That's a great deal of growth for one year and it is only because of your generosity and the support of our community that we have been able to expand in difficult economic times.

It would be safe to say that the Center directly touched the lives of between 5,000 and 6,000 seniors last year; but, there are now almost 60,000 seniors in Lehigh County. The lives of our neighbors could be made better if we could reach more of them. We will need to raise even more money to do so.

For that reason, I am pleased to inform you that the Center has hired its first Director of Development; a full-time position dedicated to coordinating our efforts to identify new sources of income. The new member of our staff is Stacy Armstrong, who was formerly Director of Development for the San Francisco unit of the American Cancer Society. She has a successful record of raising annual gifts; organizing special events; and, recruiting, training and supervising volunteers. Stacy and her husband, Phil, are residents of Emmaus.

Stacy will be successful in her efforts only if we all get behind her and help in anyway we can. She will be forming groups of Center members to assist her in understanding the ways in which we should grow and there will also be opportunites for young and old to volunteer to conduct new fund raising projects. Stacy has been working with us for a month now and all of us on the staff feel that she "fits right in". I think you will feel the same way when you meet her. Please welcome Stacy when you have a chance to meet her. *Until next time, Best Wishes.*

Joe Farkas

A SPECIAL SPRING PROJECT

PYSANKY EGGS

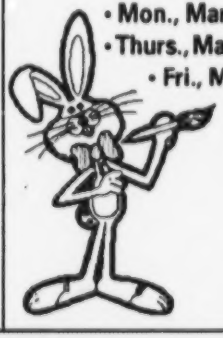
A four week workshop on Fridays from 9 a.m. - 11 a.m. in our Studio Arts room. Classes will be in session on the following dates - March 12, 19, 26, and April 2nd.

There will be a materials fee of $8.50 and a cost of $.10 per unwashed farmer's egg. John Wallach has earned a reputation here at the Center for his exquisitely lovely Pysanky eggs. He has agreed to teach this wonderful Ukranian folk art to a small group limited to ten participants.

You will have use of the many colored dyes and will have your own fine and medium stylus, as well as your beeswax patty and two candles, along with a pattern sheet. Once you have learned the technique, you can go on to make these highly prized gifts for special people in your life. **Call Mary Ann to sign up for this class.**

S.O.S. from Peter Cottontail

If Peter Cottontail is going to be 'hoppin' down the bunny trail, bringing lots of Easter eggs your way", he needs help. Or rather she needs help, "She" being Vivian Gracely. Call Mary Ann Busolits if you can help make Easter candy for our March 27 Spring Fling. We will be up to our elbows in coconut, chocolate and powdered sugar on the following dates.



- **Mon., March 8th, 10 a.m. till done-forming eggs**
- **Thurs., March 11th, 10 a.m. till done-dipping eggs**
- **Fri., March 12th, 10 a.m. till done-boxing candy**

We also need help making Pot Pie Dough on March 15th from 10 a.m. till done.

AARP 1993 TAX HELP

Available Here at Your Senior Center

Thursdays and Fridays from 9 a.m. - 1 p.m. through April 15, 1993

The Tax Aide Program of the American Association of Retired Persons helps older Americans prepare their tax forms each year. This free public service uses volunteer tax counselors. Help is available, first come, first served in the order of sign ups. There is no guarantee that everyone present on a given day can be served within the 9 a.m. - 1 p.m. time frame. Those not served will go to the top of the list for the next day the service is offered. If you are using VAST to get to the Center for tax help, check in at the reception desk in the lobby so we can assist you in being served within the time allowed between your pick up and return.

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Stop watching re-runs on T.V. or sitting home on nice Spring evenings - Come meet new people, try a new activity and extend those hours of a day that can be used to enrich your life.

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Fridays - Year-round
7 p.m. Pinochle Party

Saturdays - 1st and 3rd of each month (Year-round)
8 p.m. to 11 p.m. Social Dance open to the public

Sunday Afternoons Year-round -
1:30 p.m. Pinochle Party

Macramé Chairs

Monday Evenings (Early - still light for driving) 6:00 p.m - 8:00 p.m. Preliminary Session April 5th - Next Sessions April 19, 26, May 3, 10, 17

You supply an aluminum chair frame and, for a $15 materials fee, plus a $1.00 registration fee, you will learn how to create a beautiful chair in your choice of colors and patterns. This activity is excellent physical therapy for fingers and wrists. **To register, call Mary Ann Busolits, Access Coordinator. There is room for 18 people in this class.**

Ballroom Dancing Lessons

for Fun and Healthy Exercise

Ten Wednesday Evenings from 6:30 p.m. - 8:00 p.m. Starting on May 5th, 1993 through July 7, 1993
$40 per pair (Room for 12 pairs)

Everyone from teenagers to goldenagers are learning to dance the "old fashioned" way again. Ballroom dance clubs are springing up all across the U.S.A. as folks rediscover or learn for the first time how to waltz, foxtrot or do the lindy, polka, or jitterbug.

John Muraech teaches ballroom dancing at both Lehigh County Community College and Northampton Community College. He has also taught this course for Prestige Health, a co-sponsor of this series at the Senior Center.

To sign up, call Mary Ann Busolits, Access Coordinator. Remember, there must be two of you able to dance as a couple to participate.

Line Dancing Line Dancing Line Dancing!

***Finally!* 8 Thursday Early Evenings 7 p.m. - 8 p.m. (still light for driving) April 1, 8, 15, 22, May 6, 13, 20, 27**

Learn all the latest line dances - The Achey-Breaky Heart, Cowboy Boogie, Electric Slide, ChaCha Line Dance and all your old favorites.

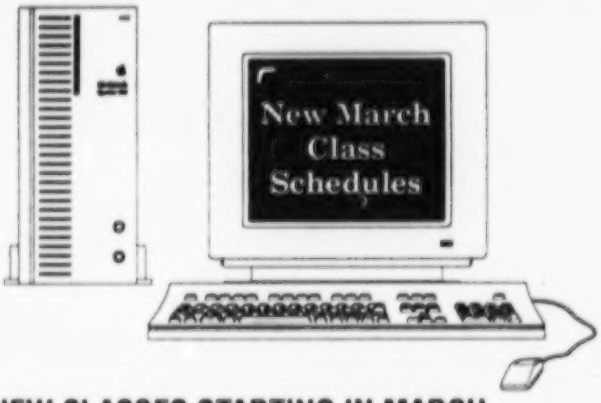
It's great exercise and you don't need a partner to enjoy dancing. Center Member Elaine Novak is a professional dance instructor for square dancing as well as line dancing. She is up on the newest, but also understands that we may need a bit of extra help or time to master the moves.

We will accept 20 people in this activity. The cost is $2 per session per person or $16 per person for the entire 8 weeks. **To sign up, contact Mary Ann Busolits, Access Coordinator.**

ARE YOU AT LEAST AGE 50?
Is Saturday Night Still "*Party Nite*"?

Join Us for Our Newest Weekend Event...
Saturday Night Dances

Every 1st and 3rd Saturday evenings from 8:00 p.m. - 11:00 p.m. come out to your Senior Center and dance to live music, enjoy light refreshments and meet a group of friendly-get-to-know-you people. You don't have to be a "*single*" or a "*couple*". Everyone is welcome. Kitty Schmoyer is our volunteer Hostess for the dances. **Admission is $5 per person, with tickets available at the door.**



NEW CLASSES STARTING IN MARCH

As with all classes at the Center, openings will be filled on a first come, first served basis. Each class will be limited to 8 participants, one person to each computer, two people to a printer. Fees are $1.00 per session for a Center Member and $2.00 per session for others. Incidental low cost materials fees will be announced as required. **To register for a class, see Mary Ann Busolits, Access Coordinator or phone her at 437-3700 weekdays from 8:30 a.m. - 4:30 p.m.**

INTRODUCTION TO COMPUTERS - PART I THE BASICS *Taught by Jake Flyzik*

Mondays - 8 weeks March 22nd to May 10th, 9 a.m.- 10:30 a.m.

This is our basic course. No computer knowledge is required. If you have always wondered what a computer is, how it works, and what can it do for you, this is the course.

In a relaxed, easy going, comfortable setting we will explain how a computer works and how it can help you accomplish many things. You will also be introduced to all of the equipment in our state-of-the-art computer lab. All parts of a computer system (the computer, monitor, printer, mouse and other equipment) will be explained in down to earth English. Also, you will have plenty of time for "hands on" use of all of the equipment. No computer knowledge is required.

INTRODUCTION TO COMPUTERS - PART II-DOS and WINDOWS - THE OPERATING SYSTEMS *Taught by Jake Flyzik*

Mondays - 8 weeks March 22nd to May 10th, 10:30 a.m - 12 noon

This course will teach you about the two most popular operating systems in use today; DOS and WINDOWS. By understanding how each of these systems works both separately and with each other, you will be able to increase the productivity of your computer tremendously. A very basic knowledge of computers is recommended though not required.

PROFESSIONAL WRITE *Taught by Jo Mountain*

Fridays - 8 weeks March 26th to May 14th, 10 a.m. - 11:30 a.m.

Learn a word processing program that will help you in your writing needs. You will master typing and saving information on computer disks. Learn to format your writing efforts with headings for the top of your page and "footers" that will appear at the bottom of your page. Learn to tabulate using both decimal and tab stops. Learn to edit your work by using a built-in dictionary, and see how easy it is to correct your work. You will begin to type your own thoughts on the computer and to make printed copies. If you can type, fine, but the hunt-and-peck method is welcomed.

INTRODUCTION TO COMPUTERS - PART III THE COMPUTER AS A WORD PROCESSOR

Taught by Jo Mountain

Tuesdays - 8 weeks March 23rd to May 11th, 10 a.m.- 11:30 a.m.

(For students who have completed an introductory level course, Part I or Part II). You will gain greater skill with the keyboard and word processing programs. You will learn more about computers that are on the market today, and what to look for when purchasing one. There will be a brief introduction to other programs available at the Center. This course is designed for fun and enrichment!

MICROSOFT WORKS *Taught by Jake Flyzik*

Wednesdays - 8 weeks March 24th to May 12th, 9 a.m.- 10:30 a.m.

This course will teach you the basics of using a word processor, a spreadsheet and a data base using one program that integrates all of these separate functions into a unified, easy-to-use system.

You must have taken at least one basic computer course to be comfortable with this program.

FIRST PUBLISHER *Taught by Jake Flyzik*

Wednesdays - 8 weeks March 24th to May 12th, 10:30 a.m.- 12 noon

This is a program for making flyers, newsletters, greeting cards, calendars and much more.

You must have taken at least an introductory level computer class for this series. Learn all those useful tricks that result in professional looking notices, bulletins or newsletters. Design your own greeting cards.

QUICKEN *Taught by Jo Mountain*

Thursdays - 8 weeks March 25th to May 13th, 10 a.m.- 11:30 a.m.

Spend less than half the time - get twice the results. Quicken does your monthly financial work automatically. It keeps your finances complete, accurate, and up-to-date automatically. It does investment tracking. See your portfolio at a glance. With credit cards - know what you've charged and what your balance is. Tax time? You're ready in no time. In just 3 seconds, you can get a report detailing your taxable income and deductions, or capital gains for the year. Budgeting - it's easy to check your spending against a budget each month. And, there is much, much, more. ***Sign up fast.***

Place an ad in one of these spots and promote your business, group, personals, etc...Besides promoting your business, you will be helping the Senior Center provide you with the latest Center News, information on classes, trips and other special activities in the coming months. If you have any questions or if you would like to place an ad, please contact Carol Wallace, Assistant Center Director.

March 14-20, 1993
is National Employ the Older Worker Week

Your Senior Center supports the entitlement of older adults to have fair and equal opportunities to contribute to our society by having a place in the work force.

The Senior Center has Staff and Instructors who are from age 60 through late 80's whose talents and energies continue to breath life into a mission to promote the interests of senior citizens in Lehigh County and assist seniors in maintaining meaningful roles in society.

South mall

Featuring Hess's, Jamesway, Phar-Mor, Weis Market and many other great stores!

(215) 791-0606
Located West of I-78 on the
Lehigh Street Auto Mile
HOURS: Mon.-Sat. 10-9; Sun. 10-5

Mall-wide gift certificates & PA Instant Lottery available.

ATTENTION METRO PLUS RIDERS

Effective February 1, 1993, Metro Plus Fares will be increasing. The fare for a single zone trip will increase from $1.50 to $1.60. The fare for a multi zone trip will increase from $2.25 to $2.40. A book of tickets will still contain 20 tickets, but the cost will increase from $15.00 to $16.00; each ticket will now be worth $.80. If you have tickets remaining from the $15.00 books, you may continue to use them until your supply runs out at no additional cost.

REMINDER: Your regularly scheduled trips to the Center are not affected by this change.

Ride Metro *Free* When You're 65+

Call 435-3646 for information

J.S. Burkholder
FUNERAL HOME, INC.

Michael A. Weber, Pres. Supervisor
16th & Hamilton Streets, Allentown, PA 18102
(215) 433-5161

Come Celebrate Spring!

Join us at
LEHIGH COUNTY SENIOR CITIZENS' CENTER
1633 Elm Street, Allentown, PA
for our
"Spring Fling"
Saturday, March 27th - 10 a.m. to 3 p.m.

There will be...
FUN, FOOD, MUSIC AND SURPRISES!
• Attic Treasures • Baked Goods • Homemade Jellies • Door Prizes • Year-Round Gifts • Special Spring and Easter Theme Items • Ceramics, Crafts, Paintings, Knotted Quilts, Knit and Crocheted Items • Raffles • Homemade Easter Candy
and much more....

CALL 437-3700 FOR MORE INFORMATION

Sunday	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Saturday*
	1 9:00 Studio Arts 9:00 Ceramics 9:00 Crafts 9:00 Computers - Intro. Windows 10:00 Magic 101 12:30 Ceramics 1:00 Recreational Cards	**2** 9:00 Deaf Senior Citizens 9:00 Sewing and Quilting 9:00 Ceramics 9:00 Bridge - SPADE 10:30 TOPS Meeting 12:30 Ceramics	**3** 9:00 Studio Arts 9:00 Crafts 9:00 Ceramics 9:00 Crocheting 9:00 Computers - Microsoft Works 9:30 Activity Planning Committee 10:30 Computers - First Publisher 12:30 Ceramics 1:00 Dance	**4** 9:00 Studio Arts 9:00 Crocheting 9:00 Bridge - DIAMOND 9-1 TAX HELP 10:00 Computers - Quicken 11:00 Help With Medicare Forms 11:15 Sing Along 1:00 Krazy Kids Practice	**5** 9:00 Ceramics 9:00 AM Friday Seniors 9:00 Beginner Crochet 9:00 Computers - Professional Write 9-1 TAX HELP 12:30 PM Friday Seniors 12:30 Ceramics 7:00 Pinochle Party	**6** **8:00 P.M. - DANCE**
7 1:30 Pinochle Party	**8** 9:00 Studio Arts 9:00 Ceramics 9:00 Crafts 10:00 Magic 101 10:00 BAZAAR - Form Eggs 12:30 Ceramics 1:00 Recreational Cards	**9** 9:00 Sewing and Quilting 9:00 Ceramics 9:00 Bridge - SPADE 10:30 TOPS Meeting 12:30 Ceramics	**10** 9:00 Studio Arts 9:00 Crafts 9:00 Ceramics 9:00 Crocheting 11:00 Hearing Screening 12:30 Ceramics 1:00 Teamsters Retirees' Meeting	**11** 9:00 Studio Arts 9:00 Crocheting 9:00 Bridge - DIAMOND 9-1 TAX HELP 9:30 'Morning Coffee' ARC 10:00 BAZAAR - Dip Eggs 11:00 Help With Medicare Forms 11:15 Sing Along 1:00 Krazy Kids Practice	**12** 9:00 Ceramics 9:00 AM Friday Seniors 9:00 Beginner Crochet 9:00 Pysanky Eggs 9-1 TAX HELP 10:00 BAZAAR - Box Candy 12:30 PM Friday Seniors 12:30 Ceramics 7:00 Pinochle Party	**13**
14 TRIP-Wallington Exchange 1:30 Pinochle Party	**15** *National Employ the Older Worker Week* 9:00 Studio Arts 9:00 Ceramics 9:00 Crafts 10:00 BAZAAR - Pot Pie Dough 12:30 Ceramics 1:00 Recreational Cards	**16** 9:00 Sewing and Quilting 9:00 Ceramics 9:00 Deaf Senior Citizens 10:30 TOPS Meeting 12:30 Ceramics	**17** *St. Patrick's Day* 9:00 Studio Arts 9:00 Crafts 9:00 Ceramics 9:00 Crocheting 12:30 Ceramics ***WEAR GREEN TODAY***	**18** Spirit of Women Conference 9:00 Studio Arts 9:00 Crocheting 9-1 TAX HELP 9:30 Senior Citizens' Council Mtg 11:00 Help With Medicare Forms 11:15 Sing Along 1:00 Krazy Kids Practice	**19** Spirit of Women Conference 9:00 Ceramics 9:00 AM Friday Seniors 9:00 Beginner Crochet 9:00 Pysanky Eggs 9-1 TAX HELP 12:30 PM Friday Seniors 12:30 Ceramics 7:00 Pinochle Party	**20** **8:00 P.M. - DANCE**
21 1:30 Pinochle Party	**22** 9:00 Studio Arts 9:00 Ceramics 9:00 Crafts 9:00 Computers - Part I 9:00 Taking the mystery out of medicine 10:30 Computers - Part II 12:30 Ceramics 1:00 Recreational Cards 1:00 Express Yourself	**23** 9:00 Sewing and Quilting 9:00 Ceramics 10:00 Computers - Part III 10:30 TOPS Meeting 12:30 Ceramics	**24** 9:00 Studio Arts 9:00 Crafts 9:00 Ceramics 9:00 Crocheting 9:00 Computers - Microsoft Works 10:30 Computers - First Publisher 12:30 Ceramics	**25** TRIP-Dutch Apple 9:00 Visiting Nurse (VNA) 9:00 Studio Arts 9:00 Crocheting 9:00 Today's Food 9-1 TAX HELP 10:00 Computers - Quicken 11:00 Help With Medicare Forms 11:15 Sing Along 12:00 Pool Room Closed	**26** 9:00 AM Friday Seniors 9:00 Pysanky Eggs 9-1 TAX HELP 10:00 Computers - Professional Write 12:30 PM Friday Seniors 1:00 Books Are Us	**27** ***Spring Fling***
28 1:30 Pinochle Party	**29** 9:00 Studio Arts 9:00 Ceramics 9:00 Crafts 9:00 Computers - Part I 9:00 Taking the mystery out of medicine 10:30 Computers - Part II 12:30 Ceramics 1:00 Recreational Cards 1:00 Express Yourself	**30** 9:00 Sewing and Quilting 9:00 Ceramics 10:00 Computers - Part III 10:30 TOPS Meeting 12:30 Ceramics	**31** 9:00 Studio Arts 9:00 Crafts 9:00 Ceramics 9:00 Crocheting 9:00 Computers - Microsoft Works 10:30 Computers - First Publisher 12:30 Ceramics			

March '93

Senior Center - 437-3700

Travel 1993

March 14, 1993 (Sun.) Wallington Exch. $39/pp
Slavic Feast and Caberet
Full amount now due - only a few seats left! Departs 10:30 a.m. and returns 5:45 p.m. Home of the Slavic Food Festival and an exotic show!

March 25, 1993 (Thurs.)
Dutch Apple Dinner Theater $39/pp
"Love, Sax, and the IRS"
Full amount now due - only a few seats left! Departs 9:30 a.m. and returns 5:30 p.m.

April 14, 1993 (Wed.)
Riverfront Dinner Theater $35/pp
"Ain't Misbehavin"
$10 deposit at sign up - balance due by March 12, 1993. Departs 9:30 a.m. and returns 5 p.m.

May 3-7, 1993 - Wildwood, N.J. $179/pp dbl
5 days/4 nights
$50 deposit at sign up - balance due by April 1, 1993. Includes: 2 Dinners, 4 Breakfasts, visit Smithsville, 2 days to Atlantic City Casinos with bonus, boat ride, all taxes, baggage handling and gratuities.

May 26, 1993 (Wed.) Mount. Laurel Resort $40/pp
"Music Across America"
$10 deposit at sign up - balance due by April 23, 1993. Departs 10 a.m. and returns 6 p.m. Luncheon included.

June 2, 1993 (Wed.) Mount Haven $39/pp
"Best of Broadway"
$10 deposit at sign up - balance due by May 1, 1993. Departs 8:00 a.m. and returns at 6 p.m. You'll be greeted with an all you can eat breakfast followed by Bingo, Movie, Gift Shop and live entertainment. Open bar and a fabulous buffet dinner.

June 5-13, 1993 - Branson, Missouri $765/pp dbl.
"Best of the Ozarks"
$100 deposit at sign up - balance due by May 1, 1993. Includes: 9 days and 8 nights, 7 dinners, 8 breakfasts and 5 shows! Detailed itinerary available at the Center.

June 21, 1993 (Mon.) Mystery Trip? $40/pp
$10 deposit at sign up - balance due by May 20, 1993. Departs 8 a.m. and returns at approximately 5 p.m. Lunch included. This is a trip different from any in the past. Don't miss it!

June 23, 1993 (Wed.)
Shadowbrook Inn & Resort $35/pp
Tunkhannock "Nostalgia Day" (Big Band Sound of the 40's) $10 at sign up - balance by May 15, 1993. Departs 8 a.m. and Returns 5:45 p.m. Reception (coffee, tea, danish and fruit) Buffet Luncheon - Show and Dancing.

July 15, 1993 (Thurs.)
Seasons Resort Dinner Theater $44/pp
Great Gorge, N.J. "Annie"
$10 deposit at sign up - balance due by June 1, 1993. Departs 9 a.m. and returns 6 p.m. Three meal choices.

July 28, 1993 (Wed.) Rockwell Product. $43/pp
Grand Candlelight Dinner Theater "Carnival"
$10 deposit at sign up - balance due by June 25, 1993. Departs 9 a.m. and returns 6:30 p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Pool Tables and Lounge Area are available weekdays from 8:45 a.m. - 4:15 p.m. You must be 60 years or older to use these facilities. Lunch Program - weekdays at 11:30 a.m. You must have a reservation by 11:00 a.m. the preceding day.		**April '93** **Senior Center - 437-3700**		**1** 9:00 Studio Arts 9:00 Today's Foods 9:00 Crocheting 9-1 TAX HELP 10:00 Computers - Quicken 11:00 Help With Medicare Forms 11:15 Sing Along 12:30 55 Alive - Driving 1:00 Krazy Kids Practice 7:00 Line Dancing	**2** 9:00 Ceramics 9:00 AM Friday Seniors 9:00 Beginner Crochet 9:00 Pysanky Eggs 9-1 TAX HELP 10:00 Computers-Professional Write 12:30 PM Friday Seniors 12:30 Ceramics 12:30 55 Alive - Driving 1:00 Books Are Us 7:00 Pinochle Party	**3** **8:00 P.M. - DANCE**
4 1:30 Pinochle Party	**5** 9:00 Studio Arts 9:00 Ceramics 9:00 Crafts 9:00 Computers - Part I 9:00 Taking the Myst. out of Medicine 10:30 Computers - Part II 12:30 Ceramics 1:00 Recreational Cards 1:00 Express Yourself 6:00 Macrame' Chairs	**6** 9:00 Sewing and Quilting 9:00 Ceramics 9:00 Deaf Senior Citizens 10:00 Computers - Part III 10:30 TOPS Meeting 12:30 Ceramics	**7** 9:00 Crafts 9:00 Ceramics 9:00 Crocheting 9:00 Studio Arts 9:00 Computers - Microsoft 9:30 Activity Planning Committee 10:30 Computers - First Publisher 10:45 Speaker Program-Aging Eyes 12:30 Ceramics 1:00 Dance	**8** 9:00 Studio Arts 9:00 Today's Foods 9:00 Crocheting 9-1 TAX HELP 9:30 'Morning Coffee' ARC 10:00 Computers - Quicken 11:00 Help With Medicare Forms 11:15 Sing Along 1:00 Krazy Kids Practice 7:00 Line Dancing	**9** **GOOD FRIDAY** **Center Closed**	**10**
11 ***Easter Sunday***	**12** 9:00 Studio Arts 9:00 Ceramics 9:00 Crafts 9:00 Computers - Part I 9:00 Taking the Myst. out of Medicine 10:30 Computers - Part II 12:30 Ceramics 1:00 Recreational Cards 1:00 Express Yourself	**13** 9:00 Sewing and Quilting 9:00 Ceramics 10:00 Computers - Part III 10:30 TOPS Meeting 12:30 Ceramics 3:00 Managers Chal-Channel 39 7:30 Managers Chal-Channel 39	**14** **TRIP-Riverfront Theater** 9:00 Crafts 9:00 Ceramics 9:00 Crocheting 9:00 Studio Arts 9:00 Computers - Microsoft 10:30 Computers - First Publisher 12:30 Ceramics 1:00 Teamsters Retirees' Meeting	**15** 9:00 Studio Arts 9:00 Today's Foods 9:00 Crocheting 9-1 TAX HELP 9:30 Senior Citizens Council Mtg. 10:00 Computers - Quicken 11:00 Help With Medicare Forms 11:15 Sing Along 1:00 Krazy Kids Practice 7:00 Line Dancing	**16** 9:00 Ceramics 9:00 AM Friday Seniors 9:00 Beginner Crochet 10:00 Ribbon Cutting - Comp. Lab 10:00 Computers-Professional Write 12:30 PM Friday Seniors 12:30 Ceramics 1:00 Books Are Us 7:00 Pinochle Party	**17** **8:00 P.M. - DANCE**
18 ***Orthodox Easter*** 1:30 Pinochle Party	**19** 9:00 Studio Arts 9:00 Ceramics 9:00 Crafts 9:00 Computers - Part I 9:00 Taking the Myst. out of Medicine 10:30 Computers - Part II 12:30 Ceramics 1:00 Recreational Cards 1:00 Express Yourself 6:00 Macrame' Chairs	**20** 9:00 Sewing and Quilting 9:00 Ceramics 9:00 Deaf Senior Citizens 10:00 Computers - Part III 10:30 TOPS Meeting 12:30 Ceramics	**21** 9:00 Crafts 9:00 Ceramics 9:00 Crocheting 9:00 Studio Arts 9:00 Computers - Microsoft 10:30 Computers - First Publisher 12:30 Ceramics	**22** 9:00 Studio Arts 9:00 Today's Foods 9:00 Crocheting 9:00 Visiting Nurse (VNA) 10:00 Computers - Quicken 11:00 Help With Medicare Forms 11:15 Sing Along 12:30 Speaker Program: Waterworks 1:00 Krazy Kids Practice 7:00 Line Dancing	**23** 9:00 Ceramics 9:00 AM Friday Seniors 9:00 Beginner Crochet 10:00 Computers-Professional Write 12:30 PM Friday Seniors 12:30 Ceramics 1:00 Books Are Us 7:00 Pinochle Party	**24**
25 1:30 Pinochle Party	**26** 9:00 Studio Arts 9:00 Ceramics 9:00 Crafts 9:00 Computers - Part I 9:00 Taking the Myst. out of Medicine 10:30 Computers - Part II 12:30 Ceramics 1:00 Recreational Cards 1:00 Express Yourself 6:00 Macrame' Chairs	**27** 9:00 Sewing and Quilting 9:00 Ceramics 10:00 Computers - Part III 10:30 TOPS Meeting 12:30 Ceramics	**28** 9:00 Studio Arts 9:00 Crafts 9:00 Ceramics 9:00 Crocheting 9:00 Computers - Microsoft 10:30 Computers - First Publisher 12:30 Ceramics	**29** 9:00 Studio Arts 9:00 Today's Foods 9:00 Crocheting 10:00 Computers - Quicken 11:00 Help With Medicare Forms 11:15 Sing Along 12:30 Speaker Program: Waterworks 1:00 Krazy Kids Practice	**30** 9:00 Ceramics 9:00 AM Friday Seniors 9:00 Beginner Crochet 10:00 Computers-Professional Write 12:30 PM Friday Seniors 12:30 Ceramics 1:00 Books Are Us 7:00 Pinochle Party	

August 11, 1993 (Wed.) Mystery Trip? $41/pp
$10 deposit at sign up - balance due by July 1, 1993. Departs 8 a.m. and returns 5:30 p.m. You will enjoy this trip! New destination. Lunch included.

August 26, 1993 (Thurs.) Baltimore Inner Hbr. $31/pp
$10 deposit at sign up - balance due by July 15, 1993 Departs 8:00 a.m. and returns 8:00 p.m. A fun day at Baltimore Harbor. Time to browse through shops, tour the National Aquarium, Seven-Story Sea wonder. Price includes transportation and admission to aquarium. (All meals on your own).

September 10, 1993 (Fri.) Lancaster Day Trip $40/pp
New Places! $10 at sign up - balance due by August 1, 1993. Departs 8:30 a.m. and returns 8 p.m. Hans Herr House - Meadowbrook Farmers Market A Horse and Buggy Ride then we will eat at the Esh House at 5:30 p.m.

September 13-25, 1993 $1,799/dbl
National Parks and Canyons $2,255/single
$1,719/triple
$100 due at sign up 13 days/12 nights -Be sure to stop at the front desk at the Center for a detailed itinerary or ask to have one mailed to you. Fly to Las Vegas - tour with Motorcoach back fro nver.

October 6, 1993 (Wed.) Woodloch Pines $38/pp
$10 due at sign up - balance due by September 1, 1993 Departs 9 a.m. and returns 6 p.m. A favorite of everyone. The food is always good. A very scenic trip this time of year. Don't miss it. Sign up early!

October 20, 1993 (Wed.) Mt. Airy Lodge $40/pp
Mt. Pocono, PA Featuring "Myron Floren" Formerly on the Lawrence Welk Show. $10 at sign up - balance due by September 10, 1993. Departs 9 a.m. and returns 6 p.m. Three meal choices.

**** November, 1993**
We are working on an Ice Show!
DATE AND TIME TO BE ANNOUNCED

November 8-11, 1993 - Middlebury Inn $375/pp dbl
$50 deposit at sign up - balance due by October 1, 1993. Get into the Christmas Spirit while staying at the Inn and touring Vermont. Vivian and Carolyn know this place is super!

SENIOR TRIP POLICY

Trips are filled first come, first served and Center members have priority. Non-members age 60 and older who reside in Lehigh County are given next consideration. Adults under 60 are welcome, whenever space allows. Money will be refunded if you need to cancel, provided a replacement is found by you or by the Center. Refunds cannot be made on unfilled trips.

BEST COPY AVAILABLE

Topics for Lehigh County Seniors

"TOPICS FOR LEHIGH COUNTY SENIORS" is a Pennsylvania Department of Education grant awarded to Lehigh County Community College with the specific intent of providing innovative programming in adult education at the Lehigh County Senior Citizens' Center. This grant was developed by Mrs. Joan Lipiec, Specialist in educational planning and curriculum design, coordinator of several grant funded programs at LCCC and Carol Wallace, Assistant Center Director. **The following classes are being offered through this grant and interested individuals may sign up by seeing Mary Ann Busolits, Access Coordinator, or phone her at 437-3700 weekdays from 8:30 a.m. - 4:30 p.m.**

Taking the Mystery Out of Medicine

6 Mondays 9 a.m. - 11:00 a.m.
March 22, 29, April 5, 12, 19, 26

Want to find out what the doctor meant when he said "diverticulitis" or "diverticulosis" and when he prescribed medicine "bid" or "gid"? Medical terms don't have to be confusing if you know how they're put together. Join our nurse and pharmacist for code-breaking sessions on medical terms and prescription drugs.

This class will be taught by Mrs. Lora Lesak, Registered Nurse, B.S. in Health Arts, and Instructor of Medical Terminology at LCCC.

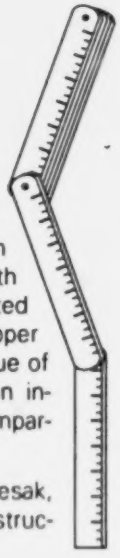
Express Yourself!

6 Mondays 1:00 p.m. - 3:00 p.m.
March 22, 29, April 5, 12, 19, 26

Here's a chance to put your creative thoughts on paper, whether they be poetry, essays, stories or memoirs. This workshop will spark your imagination with unusual topics and guide you through the process. No writing experience is necessary, but be prepared to expand your mind!

This class will be taught by Mrs. Jean Dyer, British citizen, who has a teaching certificate from London University and B.S. Education from Kutztown University. She instructs job training, GED and Writing at LCCC.

Today's Foods - How Do They Measure Up?

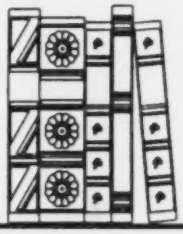


6 Thursdays 9:00 a.m. - 11:00 a.m.
March 25, April 1, 8, 15, 22, 29

Yesterday margarine and oat bran were in, butter and potatoes were out. What are we to believe with advertising, mass production and nutritionists constantly bombarding us with what to eat? How healthy are mass-marketed convenience foods? Become a savvy shopper and have some fun as we compare the value of various products in this Comsumers Union inspired workshop. We'll be reading labels, comparing foods and even taste testing!

This class will be taught by Mrs. Lorna Lesak, Registered Nurse, B.S. in Health Arts, and Instructor of Medical Terminology at LCCC.

Books Are Us



6 Fridays 1:00 p.m. - 2:30 p.m. Starting March 26

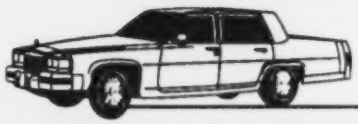
Have you ever read a book and wanted to share it with someone? Here is that perfect opportunity. Come and share with others your enjoyment of books. Learn about other books and authors. Come, join the group and widen your world with Books Are Us!

Class size: 8 students
This class will be taught by Jo Mountain who has a Masters Degree in Education as a Reading Specialist.

The Lehigh County Senior Citizens' Center is an Equal Opportunity Employer and all programs and services provided by the Center are offered without regard to race, religion, political affiliation or personal background.

The Center is a member of the National Council on the Aging, the National Institute of Senior Centers, the Pennsylvania Association of Senior Centers and the Nexus for Geriatric Planning.

55 Alive/Mature Driving



A Unique Program for Older Drivers

Thursday, April 1st and Friday, April 2nd, 12:30 -4:30 p.m. *Taught by Maryet Garrigan*

Sponsored by the American Association of Retired Persons (AARP), this program consists of eight hours of classroom instruction that refine existing skills and develop safe defensive driving techniques.

It teaches preventative measures to use when driving that save lives. It covers how to handle adverse driving conditions, traffic hazards, as well as the effects of aging and medications on driving.

The cost for this course is $8 to cover the informational materials you will get to keep.

To sign up you must fill out a special registration form available from Mary Ann Busolits, Access Coordinator. Your check for $8 should be made out to "AARP" not the Center.

IN THE SPOTLIGHT
Older Drivers:

There's no end of opinion these days on whether "risky" older drivers should keep driving.

The Washington Post quoted National Institute on Aging statistics indicating that 50 million older citizens will be eligible to drive by the year 2020 and that nearly half of these persons will be 75 or older.

It added: *"When the crash rate is figured only on a mileage basis, the older driver shows a lower rate of risk because they are on the road less than the younger driver. Research indicated that older drivers drive selectively, such as during daytime hours, or they may restrict their driving to familiar roads or avoid driving during adverse weather or traffic conditions."*

However, when the crash rate is figured on a yearly basis "the older driver's rate of crash is slightly higher than the younger population, and the crash rate increases with age," particularly after age 70.

Modern Care for Aging Eyes

A special informational program presented by Dr. Lisa S. Bunin - Wednesday, April 7th - 10:45 a.m. Community Room

Dr. Bunin is on staff at Sacred Heart Hospital where the Regional Eye Center is located, as well as on staff at Lehigh Valley Hospital, Allentown General Hospital, and Osteopathic Hospital. She will speak on a variety of eye problems including droopy and baggy eyelids, cataracts and secondary cataracts, dry eyes, tearing eyes, glaucoma, macular degeneration and other aging changes of the eye.

There will be a time for questions and answers. This program was recommended by Center members Donald and Pearl Lehr.

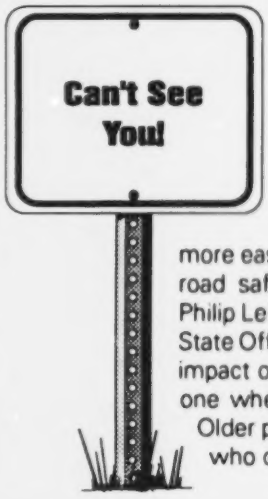
Your Waterworks

A program of special interest to those taking care of, or living with people with urinary incontinence.
Three Thursdays: April 22nd, April 29th, and May 6th 12:30 - 2:30 p.m. Room A

Incontinence is widespread among the elderly causing hardship for caregivers and limiting mobility and opportunities for those who suffer from it. There has been much progress in recent years to control the problem.

The program will be taught by Kathie Hesnan, RN,BSN,CETN and coordinator of the Regaining Control Continence Program.

The class is co-sponsored through Lehigh Valley Home Care and Lehigh Valley Hospital's Prestige Health. **To sign up for this program see Mary Ann Busolits, Access Coordinator and fill out a special registration form.**



It's Not Just the Driver

The New York Times, had reported on a New York State task force that recommended road signs that could be read more easily by aging motorists and other road safety improvements. It quoted Philip LePore, a program analyst with the State Office for the Aging as saying, "The impact on social services is a significant one when you pull someone's license. Older people who can drive help those who can't."

The following individuals, groups, corporations and other organizations have made donations to the Senior Center since our last newsletter. We are grateful to them all for their generous support. (This list as of February 4, 1993)

James S. Anderson
Homer Angstadt
Jeannette M. Arnold
Dr. and Mrs. Lyall Barnhardt
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Stella Bender
Mr. and Mrs. Joseph C. Benner
The Patsy and Rose H. Billera Foundation
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Buckeye Pipe Line Company
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Mr. and Mrs. G.D. Caliendo
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Louise H. Clause
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Mrs. Dorothy A. Gana
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Caroline A. Gorman
Kazimierz Goslawski
Betty Lou Hartzell
Harold F. Haldeman
Allen and Cirel Hillman
Charles Hoch Foundation
Ellen M. Hoffer
Mr. and Mrs. Edwin Hofstetter
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Lulu G. Iobst
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Kurt and Phyllis Kempf
Anna Koenig
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The Krazy Kids
Mr. and Mrs. John E. Lauchnor
Lehigh Valley Deaf Senior Citizens
Mr. and Mrs. Frederick Leonhardt
Adelaide H. Lynagh
Gwen Lyons
Margaret I. Maguire
Alma Maio
Mary Matteo
Harriet S. McDonald
John McKeone
Helen R. Miller
Alice Anne Miller
Mr. and Mrs. Luther O. Neubauer
Fred S. Newhard
Mr. and Mrs. Malcolm Peters
James A. Pilversack
Mr. and Mrs. Harry Rosen
Ruth Rushetski
Ruby A. Sachs
Katharine Schmoyer
Marie A. Schwartz
The Ruth P. Seruga Trust
Dorothy Shafer
Ella H. Smith
Mr. and Mrs. George J. Smith
Romae E. Smith
Elsie H. Sonntag
Virginia Souerwine
Ellwyn D. Spiker
Mr. and Mrs. Alan Steigerwalt
Marian S. Steigerwalt
Lois S. Stein
Kathryn Stephanoff
Arthur R. Stephens
Michael J. Tomcics
K.E. and P.J. Vocan
Mr. and Mrs. Jack Weisbond
Virginia S. Weiss
Josephine L. Weller
Millard Wertman
The Wood Company

The following have joined the Center or renewed their membership as Sustaining Members:

Alan C. Bolestridge
Grace T. Bolestridge
Josephine Bovankovich
Joseph Gallagher
George Kovish
Robert Lentz
Ruth Lentz
James Schweibinz
Stella Smith
Elizabeth Winn
Helen Worsley

As Life Members:

Harriet Hrabowensky
Kermit Laub
William Lawless

In Memory of Sue E. Buchmueller...

Mrs. Ethel Baker
Mr. & Mrs. Donald P. Buchmueller
Rev. & Mrs. O.H. Buchmueller
Mrs. Kathryn E. Davis
Dr. & Mrs. Walter J. Dex
Mr. & Mrs. Ed Dwyer
Mr. & Mrs. A. Daniel Fink
Mr. & Mrs. Lawrence Halverson
Mrs. Rose Harty
Mr. & Mrs. Lee Hedum
Mr. & Mrs. Syls Johnson
Mr. & Mrs. Ernst F. Klessig
Mrs. Thelma Kruse
Lehigh Valley Hospital Trust Fund
Miss Irma Maxheimer
Mr. & Mrs. Jerald Menken
Ms. Roberta J. Pohl
Mrs. Esther Robertson
Ms. Lorraine Schriefer
Ms. Catherine Tricano
Mr. and Mrs. John Wisdom

In Memory of Sophie Evans . . .

Michael Tomcics
Joseph R. Farkas

The following individuals will be missed as individuals who enriched our fellowship in some special way here at Lehigh County Senior Citizens' Center. We are glad that the Center was a part of their lives.

Stanley Altrichter
Stanley DeRalph
Sophie Evans
Eva Gross

Lehigh County
Senior Citizens' Center
1633 Elm Street
Allentown, PA 18102
Phone: 437-3700
TDD No. 437-3788

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Would You Like to Remember Someone Special?

Remember a loved one or note a friend or relative's special occasion. The Senior Center will notify that person that a gift was made.

Clip and mail to the Lehigh County Senior Citizens' Center
1633 Elm Street • Allentown, PA 18102

In honor of: _____

Amount donated: _____ Occasion remembered: _____
(Such as Birthday, Anniversary, Christmas, Hanukkah)

Donor's name: _____

Address: _____

City: _____ State: _____ Zip: _____

Please send a note to:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Please make checks payable to: **Lehigh County Senior Citizens' Center.** Gifts are tax deductible as provided by law.

APPENDIX C

Course Lesson Plan Form

Curriculum Units

LEHIGH COUNTY COMMUNITY COLLEGE
TOPICS FOR LEHIGH COUNTY SENIORS

COURSE LESSON PLAN

COURSE NAME_____

INSTRUCTOR_____SESSION DATE_____

Student Outcome(s)

Topics Covered

Materials Used (attach)

Strategies Used

Evaluation/Recommendations

LCCC- Topics for Lehigh County
Senior Citizens

Course Name: Calculators and Checking Accounts
Instructor: Donna Astrauskas Four Sessions

Student Outcomes

The students will be able to do the following:

1. Become familiar with the use of the calculator
2. Use the calculator for math problems
3. Identify and use terms and forms associated with banking- savings and checking accounts
4. Read and comprehend activity statement sheets
5. Write checks
6. Fill out deposit slips
7. Maintain and balance a checkbook

Topics Covered

1. Using the calculator for adding, subtracting, mutiplying and dividing
2. Decimal points
3. Banking terminology
4. Deposit and withdrawal slips
5. Endorsing checks
6. Checkbook entries
7. Banking activity statement sheets
8. Balancing a checkbook

Materials Used

1. TI-108 calculator
2. Worksheets
   a. Karate Coded Message
   b. Math Marvel's Tic-Tac-Toe
   c. Repeat After Me
   d. Multiplication Crossnumber
   e. Shade the Letter
   f. Using Memory
   g. Adding Money
   h. Subtracting Money
   i. Multiple Operations
   j. A Money Game
   k. Master for Blank Checks
   l. Master for Blank Deposit Record
   m. Master for Blank Check Register Page
   n. Master for Deposit Slips
   o. Balance Your Bank Statement
   p. Activity Statement- First National Bank
3. Walch, J. Weston. Calculator at Work in Daily Living. Publisher and copyright unkown. Pages 13-15.

Strategies Used

1. Lecture
2. Instructor facillitated discussion
3. Practical use of the calculator- problem solving

4. Practical use of deposit slips, withdrawal slips, entries in checkbook, banking statement

Evaluation/Recommendations: Calculators and Checking Accounts

The students expressed much interest in being able to handle their own finances by gaining the skills necessary to adequately balance and maintain their bank accounts through the use of a calculator. The ability to use the calculator and maintain their own accounts enabled the students to experience an independence not present prior to this course.

LCCC- Topics for Lehigh County
Senior Citizens

Course Name: Discovering your Housing Options
Instructor: Eunice Nicusanti Four Sessions

Student Outcomes

The student will be able to do the following:

1. Identify the types of Senior Housing which are offered in most communities
2. Determine how to decide to stay at home or move to Senior Housing
3. Identify what is a reverse mortgage
4. Identify what housing repairs may be needed and how to know if the contractor is fair or trying to exploit the situation
5. Observe, first hand, life at a Senior Housing Center
6. Identify legal documents and legal issues associated with Housing Options

Topics Covered

1. Types of Senior Housing which are available in many communities
2. Choosing the Senior Housing right for you
3. When or when not to involve a realtor
4. Determining whether or not to remain at home or enter into Senior Housing
5. Reverse Mortgage and how it applies to remaining at home
6. Home Repairs- when are they needed, who to call, how to determine the reliability and integrity of the contractor
7. How to avoid being taken advantage of by a repair person
8. Legal documents pertaining to Senior Housing
9. Changes in Health Care coverage which may effect one's housing decision

Materials Used

1. Handouts
    a. Condition of this Lease
    b. Opening Doors Worksheet
    c. Home Checklist
    d. Lehigh County Area Agency on Aging
        1) Ten point checklist for choosing a nursing home
        2) Pennsylvania Senior Citizen Services
        3) Condensed Senior Housing List
        4) Home Health Care
        5) Adult Day Care
    e. Living with Roommates, Living Alone
    f. Identifying Special Considerations
    g. Monthly Budget for Living on Your Own
    h. Planning for the Elderly, an informal checklist
    i. Neighborhood Senior Centers
    j. Local Hotels & Motels- monthly/weekly rates
    k. Senior Tax Discounts

2. Pamphlets on area Senior Housing Centers
    a. Topton Home
    b. Luther Crest
    c. Hartford House (Hartford, CT)
3. Pamphlets and Booklets
    a. A Guide for Selecting a Nursing Home in PA, Department of Aging
    b. A Guide to Local Housing Resources for Older Persons, AARP
    c. A Home Away from Home, AARP
    d. The Do Able Renewable Home, AARP
4. Field trip to Luther Crest and Topton Home

Strategies Used

1. Lecture
2. Instructor-facilitated discussions
3. Field trips
4. Guest speaker

Evaluation/Recommendations: Although this was a small class, participants were those who truly needed to learn their choices. Participants indicated that many Senior Center attendees would benefit from sessions, they tend not to read the announcements. Participants also proposed that the course be repeated.

LCCC- Topics for Lehigh County
Senior Citizens

Course Name: Getting the Medical System to Work for You
Instructor: Cecelia Connelly-Weida Four Sessions

Student Outcomes

The student will be able to do the following:

1. Identify and read information on Medicare and Medigap forms
2. Read and fill out an application for a handicapped or severely disabled veteran parking placard
3. Identify insurance related terms and the meanings as compiled in the Valley Wide Directory for Older Adults and Their Caregivers
4. Gain confidence when going to the Physician by becoming familiar with standard office protocol, asking the Physician appropriate, pertinent questions, and relating a valuable, informative medical history
5. Accurately fill out a medical history form
6. Identify the importance of building up a rapport with one pharmacist and having all prescriptions filled at the same pharmacy to avoid unnecessary drug interactions
7. Understand what is and is not covered by Medicare or Medigap
8. Accurately fill out Medical Insurance forms
9. Identify Group Health Insurance benefits
10. Identify the prerequisites for Medical Assistance, how to qualify and apply for health benefits
11. Identify what is required to qualify and apply for food stamps and fuel assistance

Topics Covered

1. Medicare- Hospital Insurance-covered services and supplement benefit plans
2. Handicapped placards and how to apply for one
3. Glossary of terms commonly used on medical insurance claims
4. Getting ready for the doctor's appointment
   a. filling out a medical history form
   b. have insurance information along
   c. familiarization of standard office procedures
   d. write questions down prior to appointment
5. Pharmacies and prescriptions- the importance of using one pharmacy to fill multiple prescriptions
6. Pace program (Pharmaceutical Assistance Contract for the Elderly)
7. Filling out medical insurance forms- deductibles, co-pay, out of pocket costs
8. Medical Assistance- what it is, who qualifies, how to apply

Materials Used

1. Handouts
   a. Medicare: Hospital Insurance-covered Services
   b. Standard Medicare Supplement Benefit Plans
   c. Application form for handicapped parking placard
   d. Glossary- Valley Wide Directory for Older Adults and Their Caregivers

e. Medical History form
f. PACE enrollment application
g. Insurance forms- Plain and Equitable
h. Application for medical assistance, food stamps and fuel assistance

2. Pamphlets and Booklets
   a. Benefits and Rights for Older Pennsylvanians, PA Department of Aging
   b. The Consumers Guide to Long-Term Care Insurance, Health Insurance Association of America
   c. 1993 Guide to Health Insurance for People with Medicare, National Association of Insurance Commissioners
   d. The Social Security Book, What Every Woman Absolutely Needs to Know, AARP
   e. Barriers to Living Independently for Older Women with Disabilities, AARP

Strategies Used
1. Lecture
2. Instructor facillitated discussion
3. Practical application of filling out forms
4. Blind Given

Evaluation/Recommendations: Getting the Medical System to Work for You

There was no information presented to render an accurate evaluation or any recommendations for this course.

LCCC- Topics for Lehigh County
Senior Citizens

Course Name: More Mileage from Your Memory
Instructor: Wayne Nelson Four Sessions

Student Outcomes

The student will be able to do the following:

1. Understand what is memory and how it works
2. Distinguish between short term and long term memory
3. Use association to improve memory retention
4. Utilize the principles of memory improvement
   a. use of senses
   b. verbal response
   c. overlearning
   d. review
   e. active learning
   f. visualization
   g. serial position of information
   h. use of "secret brain"
5. Enhance their ability to recall information especially names and dates by practicing the following methods:
   a. learn one thing at a time
   b. take frequent breaks
   c. eliminate mental and physical distractions
6. Use memory cues, such as rhymes, acronyms and creative sentences
7. Acknowlege and understand the role of attitude in memory improvement

Topics Covered

1. Name learning techniques using repetition, senses association cues
2. Three stages of memory- sensory perception, short term and long term memory
3. Memory and aging in the healthy individual
4. Elements of the memory chain
5. The importance of attention and factors that interfere with attention
6. Language and its effect on memory attitude
7. Visualization techniques
8. Peg system and practice
9. Recall and how it differs from recognition
10. Image-Association Method of learning names
11. Method of Loci practice

Materials Used

1. Handouts
   a. Get-aquainted interview
   b. Grocery list
   c. Memory and Aging
   d. You Never Forget
   e. TV show titles
   f. Peg System of memory

g. Drugstore shopping list
h. First try- faces and names
i. Association of Capitals
j. A strategy for remembering names
k. Meet Eight New People
l. Method of Loci Practice
m. There's Joy in Giving Yourself Away
n. Learning How to Remember

Strategies Used

1. Lecture
2. Working in pairs
3. Working in groups
4. Individual practice exercises
5. Instructor facillitated discussions

Evaluation/Recommendations- More Mileage from Your Memory

The class was highly motivated with several students having prior knowledge of a number of memory techniques. The students had a special interest in the utilization of memory strategies. In addition, they worked well in pairs and groups during practice activities. However, the TV show categories exercise was not beneficial for some of the students due to their lack of interest in TV shows. Even though the group, as a whole, was highly motivated, several students required more time and attention in order to enhance their memory capabilities.

LCCC- Topics for Lehigh County
Senior Citizens

Course Name: Professional Write
Instructor: Jo Mountain Six to Eight Sessions

Student Outcomes

The student will be able to do the following:

1. Booting the word processing program
2. Use the computer keyboard
3. Format a diskette for data
4. Enter and save data on a diskette
5. Edit data with the use of the program dictionary
6. Use program fonts to enhance a document
7. Set and use tab stops
8. Print their data

Topics Covered

1. Procedure for booting up PWP program
2. How to format a disc
3. Using the mouse
4. Speed keys and their use
5. Entering, saving and printing data
6. Retrieving data
7. How to edit data
8. Underlining words
9. Using bold print
10. Centering a heading
11. How to create a file
12. Fonts and letter size to enhance a document
13. Footnotes
14. Using the program dictionary
15. Tab stops and their usage
16. Highlighting for copy and paste

Materials Used

1. Computer
2. Lesson plans for workshop for Professional Write Plus word processing program for the PC with Windows 3.1
3. Handouts
    a. Professional Write Plus (program description)
    b. Steps in booting Professional Write Plus
    c. Professional Write Plus list of pull down menus
    d. Word processing
    e. General Information (Creating/Opening/Saving/Printing a file)
    f. Habits
    g. Business Letter- Superior Fixtures Company
    h. Tabulation
    i. Inventory Report

Strategies Used

1. Lecture
2. Practical use of the computer
3. Instructor-issued commands for student's to apply to their PC

Evaluation/Recommendation: Professional Write

Most of the students progressed well throughout the course. However, some students encountered difficulty using the mouse and one had difficulty reading the monitor. Initially reinforcement of the booting program and retrieving a file was necessary. As time progressed, this reinforcement was no longer needed. They did very well printing out their information, but, needed extra concentration placed on tabulations and pasting tables onto the menu file. Individual attention was given as needed.

LCCC- Topics for Lehigh County
Senior Citizens

Course Name: Quicken 5 Computer Program
Instructor: Jo Mountain Eight Sessions

Student Outcomes

The student will be able to do the following:

1. Boot the Quicken 5 program
2. Set up balance sheets, income and expense accounts
3. Use the amortization calculator for bank loans
4. Enter transactions in the Bank Register and use split transactions
5. Chart a budget
6. Print various accounting reports
7. Reconcile a bank statement
8. Up-date securities

Topics Covered

1. Formatting a 3 1/2 inch disk
2. Setting up a new file and its data disk location
3. Opening Balance Sheet Accounts and Amortization
4. Chart of accounts and entering simple transactions- expense and income accounts
5. Entering split transactions and individual transactions
6. Setting up a budget
7. Transaction and printing ledger accounts
8. Bank reconciliation
9. Printing journal and ledger accounts

Materials Used

1. Lesson plans for workshop for Quicken 5, home accounting system for the PC computer
2. Handouts
   a. Quicken 5 - Introductory Course
   b. Balance Sheet Accounts
   c. Entering transactions in the Bank Register
   d. Split transaction entries
   e. Transactions
   f. Bank Reconciliation
3. Pocket folder for each student
4. 5"x 7" plain file cards
5. Diskettes
6. Chalkboard
7. Computer

Strategies Used

1. Lecture
2. Practical use of the computer
3. Instructor facillitated discussions

Evaluation/ Recommendations: Quicken 5

The class showed interest and was able to grasp the concepts of Quicken. However, one student dropped the course due to an inability to grasp the basic concept of the Quicken program. The rest of the class continued to progress and learn the skills necessary to use the Quicken 5 program. These workshops take 1 1/2 hours each spread over an eight week time span. The students must be encouraged to attend regularly due to the sequentially structured material.

LCCC - Topics for Lehigh County
Senior Citizens

Course Name: Taking the Mystery Out of Medicine
Instructor: Lora Lesak Six Sessions

Student Outcomes

The student will be able to do the following:

1. Identify the meanings of commonly used medical prefixes, roots and suffixes
2. Build words and understand their meanings based upon new knowledge of prefixes, roots and suffixes
3. Understand basic medical terminlogy used in conjunction with anatomical parts of the body.
4. Understand basic medical terminology and basic physiology of common Geriatric concerns and medical disorders of the cardiovascular system (especially hypertension, coronary artery disease, and disorders of the heart), the Thyroid gland, the digestive system, stroke, cancer, and sexual concerns
5. Identify some common medications and their usage
6. Identify common medical abbreviations used on medications

Topics Covered

1. Definitions of prefix, root and suffix
2. Ability to combine and breakdown medical prefixes, roots and suffixes to form understandable words
3. Physiology, terminology, procedures and disorders of the Digestive system- ulcers, gastritis, gastroenteritis, antacids (which ones contain Aluminum and which do not)
4. Terminology associated with each body system- using the appropriate root for each system
5. Sexual concerns of the elderly- physical and emotional
6. Cancer- associated terms, signs and symptoms
7. Physiology, terminology, procedures and disorders of the Cardiovascular system- hypertension, coronary artery disease, (myo-, endo-, peri-) carditis, heart attacks
8. Physiology, terminology and disorders of the Thyroid Gland- hyperthyroidism and hypothyroidism
9. Physiology, terminology and procedures associated with strokes
10. Non-compliance of taking medication; interactions and mechanisms of interactions of drugs (presented by registered Pharmacist).
11. Common medical abbreviations

Materials Used

1. Handouts
    a. selected prefixes, roots and suffixes
    b. body systems
    c. Antacid information
    d. heart
    e. digestive system
    f. medical abbreviations
2. Overhead transparencies of body systems, heart, digestive system

3. Smeltzer, Suzanne, and Brenda Bare. Brunner and Suddarth's Medical Surgical Nursing Seventh Edition. Philadelphia: Lippincott, 1992.

4. Christ, Mary Ann, and Faith Hohloch. Gerontologic Nursing Second Edition. Springhouse: Springhouse Corp., 1993.

5. Hooyman, Nancy, R., and H. Asuman Kiyak. Social Gerontology. Needham Heights: Allyn and Bacon, Inc., 1988.

6. Dychtwald, Ken, Ph.D. Age Wave. New York: St. Martins Press, 1989.

Strategies Used

1. Lecture
2. Instructor facillitated discussion
3. Guest lecturer- Registered Pharmacist

Evaluations/Recommendations- Taking the Mystery Out of Medicine

The class was more educated and motivated than initially anticipated. Therefore, the information discussed became very technical at times, challenging both the instructor and the students. Each session benefitted from the instructor facillitated discussion/lecture format. The students were encouraged to share their own information and experiences in relation to topics being discussed at the time. Due to the high degree of instructor-student interaction, both parties were stimulated and challenged by the information presented.

LCCC- Topics for Lehigh County
Senior Citizens

Course Name: Today's Food Groups: How Do They Measure Up?
Instructor: Lora Lesak Six Sessions

Student Outcomes

The student will be able to do the following:

1. Identify the six basic food groups and recommended servings for each group
2. Identify foods containing fats, carbohydrates, proteins, salt, and sugar
3. Read and compare nutrition labels
4. Identify, define and differentiate among terms used on labels
5. Become aware of food-marketing strategies and techniques, in addition to one's own brand loyalty
6. Comparison shop- field trip to area supermarket with a Registered Dietician

Topics Covered

1. Pyramid Power- the new concept of six basic food groups, which foods to choose and the recommended daily servings of each (include how to calculate a serving)
2. Recommended Daily Allowance (RDA) of vitamins, water soluble and fat soluble vitamins
2. Definition and discussion of fats (saturated, unsaturated, polyunsaturated, monounsaturated), carbohydrates (sugars- simple and complex) and starches), proteins, and salt and their presence in various food sources
3. Fast food restaurants and what makes them so appealing- Burger King, McDonald's, Arby's, and Wendy's
4. Brand loyalty- different types of peanut butter and cereal used to demonstrate this
5. Caffeine content of common beverages
6. Terms used on labels and their definitions- calorie, reduced, free, low, high, good source, light or lite, more, less, lean, extra lean, fresh and no salt or sugar added
7. Supermarket savvy- how supermarkets sell (strategies and techniques)
8. Food additives- which ones are safe, which ones need to be used cautiously and which ones need to be avoided

Materials Used

1. Dudek, Susan G., R.D. Nutrition Handbook for Nursing Practice. Philadelphia: Lippincott, 1987.
2. Consumer's Report Magazine- any pertinent information which may apply
3. Consumer's Report Teacher's Guide and activity sheets for Today's Food Groups: How Do They Measure Up, available for educational purposes from Consumers Union, 256 Washington Street, Mount Vernon, NY 10553.
4. Field trip to Giant Supermarket on Tilghman St. Allentown, PA with Registered Dietician Diane Drabinsky from the Shop Smart program sponsored by Lehigh Valley Hospital Center, Allentown, PA

5. Handouts
    a. Pyramid Power
    b. RDA's
    c. Caffeine content
    d. Fats and free foods
    e. Sugar content
    f. Many Tastes of Sugar
    g. Shop Smart pamphlet
    h. Terminology
6. Overhead transparencies
7. Pennington, Jean, A. Food Values of Portions Commonly Used, 15th ed. New York: Harper Collins, 1989.

Strategies Used

1. Instructor facillitated discussion
2. Lecture
3. Taste Testing- different peanut butters with identities hidden from students, cereals, and salt substitutes
4. On-site comparison shopping

Evaluation/Recommendations- Today's Food Groups

The students were surprised to learn new information about nutrition. At their age, they thought they understood and knew more than they actually did. They had fun taste testing and discussing fast food appeal. Learning to correctly read and interpret labels (what the terms on labels actually meant, and how misleading they can be), also surprised and heightened the awareness of the students. In addition, the field trip to the supermarket reinforced much of what was discussed in class and also helped them see the products and marketing tricks of the trade first hand.